THE MGH HOT LINE

January 12, 1984

News Office, Bulfinch 1, Ext. 2206

Shower for R-Inn-R Home

A hospital may be an unusual place to hold a linen-kitchen shower, but the place where these linen and kitchen items are going is also a bit out of the ordinary.

The shower will be held on Thursday, January 19, from 2-4 p.m. in the Walcott Room for the benefit of R-Inn-R's Home for Families of Hospitalized Children. The event is sponsored by the MGH's Children's Service.

R-Inn-R (the R's stand for Recess and Retreat) was formed about four and a half years ago by Sheila Brown and Barbara Dillon, two mothers whose children were cancer patients here. They also received much support from Dr. John Truman, chief of Pediatric Hematology/Oncology, and Dr. Allan Goldblatt, chief of Pediatric Cardiology.

"We wanted to do something for the hospital and for parents of children who are patients here," explained Mrs. Barbara Dillon, whose son died, as did Mrs. Brown's son Mark, who actually was the one who came up with the idea a few months before his death. "We thought it was important for the parents to have a place outside the hospital where they could stay and interact with other parents whose children are also hospitalized." Twenty-nine beds will be available for parents at the house, which the MGH is leasing to the R-Inn-R group. The building is the former Herrick House used by the Department of Dietetics and is located at 27 Commonwealth Avenue, near the corner of Berkeley Street. It's hoped it will open in June.

But before that can happen, the building needs many items. These include such things as sheets, blankets, pillows, towels, pots and pans, glasses, and small kitchen appliances. "We'd like to have the parents feel that this house is really their home away from home," said Mrs. Dillon.

If you would like to donate an item, or are just interested in the R-Inn-R house, please stop by the shower next Thursday.

"This project will significantly help the families who come here," said Ms. Anne Sheetz, chairman of the Pediatric Nursing Service. "It will provide an inexpensive, homelike residence within reasonable proximity of the hospital. This is particularly important for families staying here for prolonged periods of time. We're all very pleased about the house, and the R-Inn-R group certainly has our full support as well as our appreciation."

"And we appreciate what the hospital has done for us," added Mrs. Dillon, "particularly Dr. Buchanan (Dr. J. Robert Buchanan, General Director) and Jane Claflin of the Board of Trustees. If it wasn't for all their help, the project might not have become a realization."

New Location

The Clinics Basement Pharmacy has been closed, effective Tuesday, January 3. All MGH employees, retired employees, and house officers' prescriptions are now being processed in the Pharmacy located on Level 5 of the Ambulatory Care Center. These prescriptions can be filled from 9:00 a.m. to 5:00 p.m., Monday through Friday. For your convenience, the Pharmacy offers a telephone prescription refill service. Just call Ext. 1765 before 10:30 a.m., and then pick up your finished prescription later that afternoon. It is as easy as that, and there is no waiting. You can also continue to leave your new prescriptions at the Employee Pharmacy, ACC Level 5, and then pick them up later at your convenience.

Give During Blood Donor Month

In the first three working days of this year, 24 MGH employees donated blood during National Volunteer Blood Donor Month. Stop by the Blood Transfusion Service in the Gray Building Lobby, or call Ext. 3620 for an appointment. (All employees must check with their supervisors before making an appointment to donate.) As a special "Thank you" to all MGH employees who donate their *"Gift of Life"* during January, a complimentary meal ticket will be given, redeemable at any MGH cafeteria. Meal tickets for blood donors will be honored through February 29.

Ski Fair Today

The MGH Physical Therapy Department and the Dietary Department are sponsoring a SKI FAIR on Thursday, January 12, from 4:00-7:00 p.m., in the Physical Therapy Department on ACC 1. All MGH ski buffs are invited to come and learn how to get in shape for the ski season. There will be demonstrations/practice sessions on conditioning exercises, safety and first aid, muscle evaluation, cardiovascular workout, calorie expenditure, sports nutrition, and movies on skiing techniques. Bring in your ski boots for a free evaluation by John Snowden, prosthetist. Admission is $2.50 and proceeds go to the Ionta Fund and the Hatch Fund (scholarship funds to benefit physical therapy and dietetic students at the MGH Institute of Health Professions).

New Classes to Begin

MGH foreign-born employees and professional visitors are invited to enroll in the English As A Second Language classes beginning this month. Instructors help beginning, intermediate, and advanced students to improve their speaking, listening comprehension, writing, vocabulary, and grammar. The Advanced class is scheduled for Tuesday evenings from 5:00 to 7:00, starting January 17. Intermediate classes will be held on Wednesday evenings from 5:30 to 7:30, beginning January 18. A 3:30 p.m. class will be scheduled for beginners with a minimum enrollment of four students. All classes run for 12 weeks. For more information, please call the Training and Development Office at Ext. 2216.

Let Us Not Forget

With this, the first HOT LINE of 1984, it is only appropriate to take one last look at 1983.

The last few months of the year saw the passing of two outstanding physicians who contributed so much to so many over the years.

Gordon Alcock Donaldson died unexpectedly on September 7, while in Hamburg, West Germany. He was there to attend a meeting of the International Surgical Society and had planned to go on to Scotland. He suffered a massive cerebral hemorrhage in his sleep.

A graduate of Harvard College and Harvard Medical School, "Butch" Donaldson went up through the ranks at the MGH to visiting surgeon and eventually to senior surgeon. Dr. Donaldson was also an active member of the Massachusetts Medical Society, and in recent years chairman on Ethics. He was a member of the American Surgical Society, of the New England Surgical, and the New England Chapter of the American College of Surgeons. "He had an extraordinary capacity for friendship," wrote longtime colleague Dr. Gordon Scannell in the Harvard Medical Alumni Bulletin, "an all-embracing friendship that made you feel better about yourself and other people. He could identify what was good in people, and they loved him for it, none more than his patients."

In his college Anniversary Report, 50 years after graduating from Harvard, Dr. Donaldson put his life into some perspective. "All things considered," he wrote, "life has been good to me. I am everlastingly grateful to [illegible] exemplary parents who provided me opportunities and incentives, which I hope I have been able to pass on to our own offspring. A loving and supporting wife has provided the constructive stimulus which my type of individual needs. No Pollyanna, I have been able to maintain a fairly consistent optimistic attitude, aided at crucial times by Dame Fortune.... I have found my job all engrossing ....The association and opportunities afforded at the Massachusetts General Hospital are unmatched, and over the 45 years of living in 'the block,' I have developed a great loyalty and love for the hospital."

There is still shock and disbelief among his colleagues and friends to the untimely death of Michael MacCracken Stewart earlier in the year.

A Rhodes Scholar and a graduate with honors from Harvard Medical School, Dr. Stewart served on the house staff of the MGH for two years. Here, he met Anne Fritts, an Intensive Care Unit nurse, who would later be his wife.

After a year at the Harvard Medical School of Public Health and another year of residency at the MGH, Dr. Stewart left Boston in 1969 to work for the Rockefeller Foundation in Bangkok. Four years later he returned to the United States to become Director of the Ambulatory Care and Community Medicine Unit at Elmhurst Hospital Center in New York. Eventually, he went to Columbia-Presbyterian Medical Center but in 1981 returned to the Rockefeller Foundation as vice-president.

THE MGH HOT LINE

January 19, 1984

News Office, Bulfinch 1, Ext. 2206

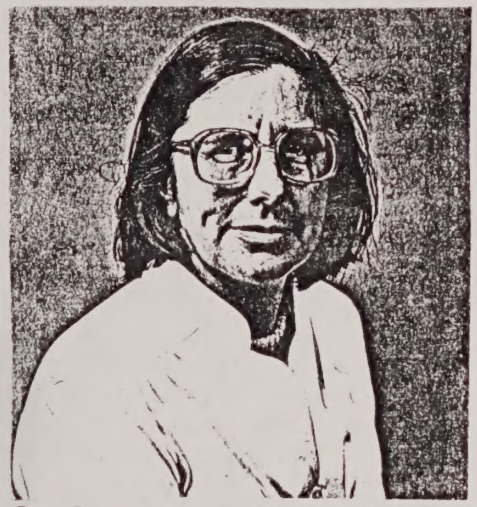
Dr. Ann Barnes Dead at the Age of 47

A memorial service is being planned in February for Dr. Ann Brace Barnes, an obstetrician and gynecologist at the MGH, who died on January 10 at her home in Lincoln after a long fight against cancer. She was 47 years old.

Dr. Barnes, who was also Assistant Clinical Professor of Obstetrics and Gynecology at Harvard Medical School, distinguished herself in 1962 when she became the first female intern in the MGH Surgical Service.

Perhaps her most important work was with women exposed to diethylstilbestrol (DES), a drug that MGH gynecologists linked to a rare form of vaginal cancer in the female offspring of women who took the drug during pregnancy. She was Co-Principal Investigator of the MGH DESAD (DES-Adenosis) Project, an investigation funded by the National Cancer Institute at five U.S. medical centers to monitor mothers and daughters exposed to the drug. In follow-up studies of DES exposure, Dr. Barnes and the other DESAD investigators determined that while exposure to DES was indeed a cause for concern and should be closely followed, the number of those exposed who would actually develop cancer was very small.

Dr. Oliver Cope, retired Chief of MGH Surgical Services, remembers



Dr. Barnes as a thoughtful, caring physician. "Dr. Barnes maintained her gynecological practice at the MGH. After the MGH had closed its obstetrics department in the 1950s, in order to deliver babies Dr. Barnes traveled to the Brigham and Women's Hospital, where she was a staff member," said Dr. Cope. "I believe she gave up sleep in order to find time to keep her obstetrics practice."

Dr. Barnes was also an early advocate of day surgery, believing that many gynecological procedures were best handled on an outpatient basis. Her pioneering efforts in ambulatory surgery at the MGH were recently acknowledged when, in November, a gynecological operating suite of the Surgical Day Care Unit was dedicated to her.

According to Dr. Walter Guralnick, Chief of MGH Operating Rooms, Dr. Barnes' total involvement in her work was well known and respected. "I have seen her perform surgery and then, if we happened to be shorthanded, she would wheel the patient out herself if it would help us run more smoothly."

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Caring for the Elderly

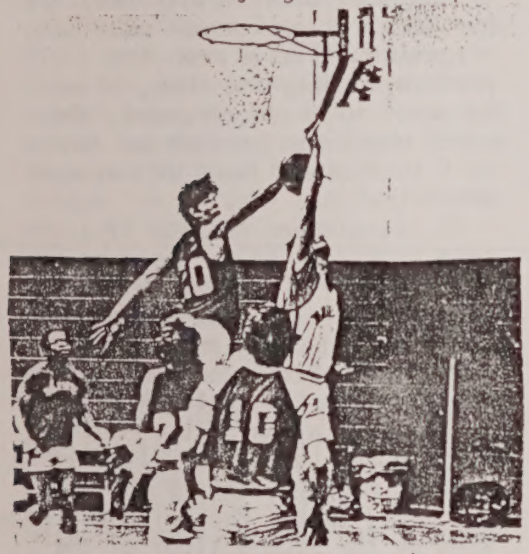
Are you caring for or concerned about an elderly person with medical problems? Come and hear a speaker from the Boston Visiting Nurse Association at the Monthly Meeting for Caretakers. It will be held on Monday, January 30, from 2-4 p.m., in the Medical Conference Room on the second floor of the Bulfinch Building. For more information, please call Kay Dolezal at Ext. 2634.

The 1984 white, yellow, and suburban telephone directories are now available in the Upper Store, Gray Basement. Directories for Harvard and M.I.T. are also available in the Communications Office, White 13, while supplies last.

In order to receive checks on February 2, yellow Tuition Reimbursement forms must be filed with the Office of Training and Development by Wednesday, January 25, at 11:00 a.m.

MGH Basketball League Season Begins

The seventh season of the MGH Basketball League officially got under way on Monday evening, January 16. This year, there will be a six-team league playing a 10-game schedule. The following teams will be vying for the top



four playoff spots: White (Building) Kitchen Warriors (defending 1983 champs), Materials Royals (1983 first-place finishers) Personnel Bulldogs, Baker (Building) Kitchen Tarheels, Diabetes, and a team from Mass. Eye and Ear.

All games will be played at the Colonel Daniel Marr Boys' Club, 35 Deer Street, Dorchester (located just off Dorchester Avenue and Savin Hill Avenue). The league will play on both Monday and Tuesday nights, starting at 9:00 and 10:00 o'clock. This year, for the first time, a team comprised of the best players from the MGH League will also be participating in the Boston Hospital Basketball League. The best of the MGH will be competing against teams from such hospitals as Children's, University, New England Deaconess, the Human Resource Institute, Boston City Hospital, Brigham and Women's, Boston State, and the Carter-Fuller Mental Health Center. These games will be played on Thursday evenings at 6:30, 7:30, and 8:30 at Boston City Hospital.

Tutors Needed

Do you have an extra hour a week to tutor a fellow employee or professional visitor in English As A Second Language? If the answer is yes, the Office of Training and Development would like to hear from you. No second language or teaching experience is required--we provide tutor orientation. Tutors meet with a student one hour a week for 12 weeks. For more information, please call Ext. 2216.

Chapel Concerts

The following Chapel Concerts are scheduled over the next few weeks:

Wednesday, February 1--Joseph Stukas-piano, Alexander Henderson-baritone

Wednesday, February 15--Alice Wathne-piano, strings and voice

Wednesday, February 29--Dr. Karen Carlson-piano, Dr. Margaret Liu-flute, Paul Liu

Barnes (continued from page 1)

Dr. Janet McArthur, senior gynecologist at the MGH, said of her long-time friend, "She was an adventurous, courageous person in her profession, in her illness, in every aspect of her life. She dared to do what she believed in and had the stamina to carry through. We will miss her."

A 1958 graduate of Radcliffe College, Dr. Barnes planned to become a nurse. With the urging of people like Dr. Cope, however, she went on to distinguish herself at Yale University Medical School.

Dr. Barnes was made an honorary Phi Beta Kappa by Radcliffe College in 1983. She was a member of the Massachusetts Medical Society, the American College of Obstetricians and Gynecologists, the Obstetrical Society of Boston, the American Fertility Society, and the American Medical Women's Association.

She was Chairman of the Purdue Fredrick Searle Award Committee, American College of Obstetricians and Gynecologists, was a member of the Massachusetts Department of Public Health's DES Advisory Committee, and served on the Behavioral Medicine Study Section of the National Institutes of Health, and previously served on a number of other national and regional committees. Dr. Barnes was also the author of several original research publications and books.

A private funeral service was held in Dover last Saturday.

January 26, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Capital Campaign Exceeds 1983 Goal

The MGH has announced that it has achieved the First Phase goal of $65 million for its Capital Campaign. John E. Lawrence and John L. Cooper, Cochairmen of the Campaign, said that the total stands at more than $66.5 million.

In 1979 the MGH Board of Trustees agreed that much of the physical plant was in need of repair or replacement. As they identified other major needs, it became clear that a campaign to raise funds from individuals, corporations, and foundations was necessary if improvements were to be made without adding millions of dollars to patient charges.

"We felt very strongly that we did not want to add to the patient burden of increasing medical costs," said Francis H. Burr, Chairman of the Trustees. "Nor did we in the process of renovating and replacing old patient areas wish to add even a single bed. Private funding would be the only way to achieve the necessary improvements."

In February, 1981, the Campaign was announced with goals which included the completion of the Ambulatory Care Center, construction of a new research building, inauguration of an educational institute, building of a new home for the medical library, and replacement or renovation of over one-half of the hospital's 1,082 beds, primarily by private financing. December 31, 1983, was set as the target

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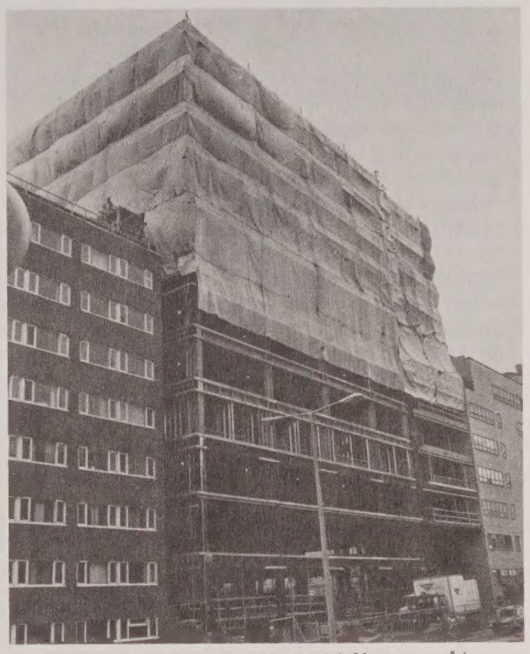

The Wellman Research Building as it appeared in March of 1983...

And as it appeared nine months later

Construction of Wellman Building Right on Schedule

If you haven't taken a look at the Blossom Street side of the MGH for a while, you may be in for a bit of a surprise. The Wellman Research Building is taking shape. In fact, the exterior brick work is now completed, and all the windows are in.

But this doesn't mean that the 11-story structure is ready for occupancy, either. "We still have lots of work to do inside the building," emphasized Ted Hochschwender, Project Manager/Architect, in the MGH Planning Office.

So members of approximately 30 different trades can look forward to spending a busy winter completing the interior of the structure.

The first section to be completed will be floors 8 through 11. These floors will house the Department of Molecular Biology. Also scheduled to be finished during this phase are the basement, first, second, and seventh floors. Target date for completion is August of this year. Next, will come work on floors 3, 4, 5, and 6. The tentative completion date for this phase is January of 1985.

When Phase One is finished in August, Temporary 2 (located in back of the ACC) can be demolished. "This will allow us to have the Bulfinch Lawn area as a major open space once again," said Mr. Hochschwender. We've not had that amenity since the days of the Moseley and Walcott Buildings."

According to the Project Manager, there have been no major surprises so far in the $30.6 million construction project. "We've been helped by good weather," said Mr. Hochschwender, "and with any luck, we should be able to start moving people into the building in August."

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Marguerite Santos Named a 1984 Black Achiever

To hear Marguerite Santos tell it, there's no particular reason why she should have been singled out to win the 1984 Black Achievers' Award, sponsored by the Greater Boston YMCA. But Ms. Santos' supervisor, Patricia Godek, R.D., tells a completely different story.

"Marguerite really cares about her work and shows it in everything she does," said Ms. Godek. "She is steadfast in her responsibilities to the Bigelow 7 Kitchen and to the people who work here. She has never left any job undone. Marguerite may have been surprised that she won the award, but we certainly weren't."

Yet the award did come very unexpectedly to the Food Service Supervisor in the Department of Dietetics in what has been a year of surprises for the Roxbury resident.

In July, she was promoted to the newly created position of Food Service Supervisor. "That was a real shock," she recalled. "I had never thought very much about doing anything other than being a Senior Dietary Aide, and then this new position came along during the summer. And now this. I don't know what to make of it all."

In her new job, Ms. Santos is responsible for interviewing, overseeing Dietary Service Aides, and supervising the tray line.

"Timing is everything," she asserted. "We have to get the food out on time and have it look and taste appetizing. The hot food should be hot and the cold food cold."

Marguerite Santos came to the MGH in 1957 as a Food Service Aide in the White Building and has worked in several areas within the Department of Dietetics.

The Black Achievers' program annually recognizes black men and women who have attained levels of excellence in their vocational fields. The achievers are chosen from the professional, managerial, clerical, and skilled work force of the city's many business, legal, educational, and medical institutions.

The program aims at providing role models

(continued on page 3)

Employees to Get New Badges

Employees will soon be sporting a new mark of MGH distinction--a larger, more professional identification badge. A white background and larger print are designed to ensure that patients and visitors will know the names of employees and their departments.

All members of the MGH work force are expected to wear their ID's whenever they are on duty at the hospital. Those employees who are authorized to provide

(continued on page 2)

Employee badges will be getting a new look.

It's Anchors Away For Mae Dozier

As any good sailor knows, every ship needs an anchor...something to keep her steady, especially in times of rough seas.

For the past 27 years, the MGH Department of Dietetics has had its own anchor, who herself just happened to be a member of the United States Coast Guard. But Mae Dozier did much more than provide a stable influence in the Department of Dietetics. As Associate Director, she tested new waters and made sure there was smooth sailing within the department.

On November 30, Miss Dozier officially retired. But she certainly has no intention of remaining in drydock. "I'm really looking forward to my retirement," she said. "It will give me a chance to do many things I haven't had time to do before. And I still plan to remain interested in the field of dietetics."

(continued on page 3)

These Graduates Plan to Clean Up in a Hurry

A special graduation ceremony is held each month at the MGH. But these graduates are not about to embark on careers in the working world. They already have them here at the MGH.

These are the graduates of the HOSPITAL HOUSEKEEPING PRACTICES COURSE being given by the Department of Environmental Services for its employees.

At the first graduation held November 17, Ms. Bertha A. Smith, Department Director, awarded certificates to 10 Environmental Service aides in ceremonies held in the Walcott Room. Ms. Frances Gardella, R.N., Chairman, Medical Nursing Service, General Hospital, was the featured speaker. Offering congratulations were Mr. Thomas W. Kelly, Director, General Support Services, Ms. Elaine Beaulieu of the Office of Training and Development, and members of the Environmental Services supervisory staff. Ms. Rachel Brown, Assistant Supervisor, was hostess.

Hospital Housekeeping Practices serves as an introduction to newly hired aides and is a source of continuing education for the more experienced aides. Through classroom and on-the-job training, the aide learns the latest in technical information, procedures, and interpersonal skills needed to offer patients, visitors, and employees the cleanest, safest, and most pleasing environment possible.

To accomplish this, each student is given a copy of the department training manual, which is continuously updated as new procedures are instituted. Among the subjects covered in this course are principles of sanitation, body mechanics, and cost containment through proper use and care of supplies and equipment.

Under the direction of Training Supervisor Louise Kelley, the course also includes inviting guest instructors to share their expertise with the class. These instructors have included Robert Castaldo, Safety Officer, Jay Bates, R.N., Infection Control Clinician, Edward Emde, Pest Control Officer, Hilary Lewis, Department Supply Clerk, and members of the supervisory staff.

The course also affords the aides the opportunity to discuss procedures among themselves and to express concerns and suggestions to representatives of other departments within the hospital. This interaction with others is useful in creating a sense of teamwork and pride in helping each other to bring about the total cleanliness of the hospital. "The people here bring to their job a definite sense of pride knowing that what they do is important," said Ms. Smith.

Graduates of the two-week program receive a certificate and a gold key chain enscribed *ENVIRONMENTAL SERVICES PRIDE* to encourage the concept of teamwork and concern for each other. Guest lecturers also receive these key chains.

As Francette Chappel, one of the November graduates put it, "Cleaning is more than just cleaning. It is a lot of caring people willing to work together to help people and to prevent the spread of infection."

Training Supervisor Louise Kelley (standing far left), Environmental Services Director Bertha Smith (fourth from left), and Frances Gardella, Chairman, Medical Nursing Service, (standing far right), offering congratulations to the graduates of the HOSPITAL HOUSEKEEPING PRACTICES COURSE

Credit Union at MGH Growing Up Fast

The MGH branch of the Harvard University Employees' Credit Union is exactly one-year-old. But don't let its age fool you. It's rather big for its year.

You see, Credit Union officials had expected that the first year would attract about 2,500 hospital employees as members. But by December of 1983, nearly 4,000 employees had joined. That's almost half the total number of people who work at the hospital!

"We were quite surprised but, needless to say, very pleased," said Loureen Bryant, Manager of the MGH branch.

The branch has not only grown in members but has grown in staff. "When we first started," explained Ms. Bryant, "we had just two employees working out of this office. Now we have six."

Nearly $120,000 a week comes into the Credit Union through employee payroll deduction. This adds up to about $6 million a year.

Among the services offered by the Credit Union are savings accounts, IRA accounts, auto loans, and home mortgages.

"We once approved 20 loans here in just one day," recalled Ms. Bryant. "I'm not sure if that was some kind of record for us, but it certainly was a busy time."

Ms. Bryant believes that many people are attracted to the Credit Union because it offers a higher rate of interest on savings accounts than most banks and because it's convenient for employees, especially with payroll deduction.

The Credit Union also has two other branches: in Cambridge and in the Longwood Medical Area. The MGH branch is open Monday, Tuesday, Thursday, and Friday from 9:00 a.m. to 3:00 p.m. and Wednesday from 8:00 a.m. to 3:00 p.m.

"Many members have told us that they've waited a long time for a credit union to come into the hospital," said Ms. Bryant, "and we tell them that we're just glad to be here."

Judith Farley

MNA Honors MGH Nurse

The Massachusetts Nurses Association's Cabinet on Nursing Practice has honored Judith Farley of the MGH with the Staff Nurse Award for Clinical Excellence for the month of December. Until early last fall, Ms. Farley worked as a staff nurse on the neuromedical/neurosurgical floor on Baker 3. She is currently on leave of absence from the hospital.

Dr. Pat Regan, Chairman of the Neuromedical/Neurosurgical Nursing Service, wrote, "I judge Ms. Farley's nursing care activities, her sharing instructive relationships with peers, leadership and others to be superior to most staff of our service. She is a staff nurse whose advice is frequently taken and whose activities are frequently imitated...."

Dr. Regan went on to say that Ms. Farley instituted and maintained on her unit a Primary Nurse Committee and developed a plan for districting her unit into three divisions, each having a group of patients and primary nurses. "Through her teaching efforts," said Dr. Regan, "this plan has been successfully put into operation on all units of our service."

Also lending her support to Ms. Farley's candidacy was Baker 3 Head Nurse Karen Moore, who recalled the following story about one of Ms. Farley's patients.

"An elderly woman with cancer was admitted with a suspected brain metastasis and uncontrollable pain. Her confusion and severe pain rigidly limited the nurse's ability to promote her comfort and put the family at ease. Through Ms. Farley's collaboration with physicians, psychiatric nurse clinician, and social worker, she was able to develop a plan of care. The patient was able to return home where she wished to die. When that did happen, the son called Judy personally to thank her for her efforts in easing his mother's death. I know this experience in itself was rewarding to Judy. It illustrates the importance of the nurse's role in meeting patient and family needs that all too often go unmet."

Ms. Farley earned an Associate's Degree and a Bachelor of Science in Nursing Degree from Curry College, where she also received a Nursing Leadership Award, given annually to a graduating senior who demonstrates outstanding leadership abilities.

Badges (continued from page 1)

hands-on patient treatment procedures will wear a badge with a blue stripe at the base of the card. The new badge is part of the ever present emphasis on the importance of each employee as an individual in whatever role he or she plays. In establishing this project, MGH General Director Dr. J. Robert Buchanan commented, "The MGH is well known for the spirit in which patients and visitors are provided very warm and personal treatment. The implementation of the new badge program provides reassurance to both patients and families that they will always know the names and functions of the many employees who contribute to their care during their stay with us."

Badges will be issued between February 13 and 27 in the Walcott Room, ACC 1. Employees will receive a letter with their paychecks indicating the schedule for reporting for their photos and completed cards.

Marguerite Santos (left) and Patricia Godek, R.D., overseeing the food line in the Bigelow 7 Kitchen

Achiever (continued from page 1)

and support for urban minority youth, and honorees are expected to spend up to 40 hours in a community service project during their recognition year.

And according to Helen Doherty, Director of the Department of Dietetics, Marguerite Santos is especially well qualified to be a Black Achiever. "She is an excellent role model," said Ms. Doherty, "and she is very conscientious in the fulfillment of her responsibilities. She is also a very caring person and encourages excellent performances from those she works with and has high expectations for them."

"Marguerite is also an idea person," added Ms. Godek. "She has reorganized the tray line, made changes in the food record book, and improved the scheduling. She even comes in with many new recipes for all of us. But maybe most important is that Marguerite is motivating to work with. She keeps us all on our toes."

Marguerite Santos received her award on January 20. She is the tenth MGH employee to be honored by the "Y" since the program began nine years ago. Previous winners from the MGH include: Patricia Brown (1983), Victoria Hubbard-Berryman (1982), Robert Dixon (1981), Cherryl Ringgold (1980), Raymond Hawkins (1979), Louis J. Green and John Bufford (1978), Veetlyn Forde (1977), and the late Jimmy A. Young (1976).

Dozier (continued from page 1)

Miss Dozier did not take a direct route to the MGH. She graduated from Mississippi State College for Women as a biology major and taught biology and chemistry in several schools.

In 1943, Miss Dozier entered the Coast Guard. One year later she was commissioned as an officer.

During World War II, she held several positions, including Personnel Officer and Hospital Liaison Officer. After active duty, she remained with the Coast Guard Reserves. She eventually retired with the rank of Commander after 32 years of service.

Following active duty, Miss Dozier resumed teaching and later returned to school. She attended Radcliffe, and it was there that she was first introduced to Massachusetts General Hospital and the Department of Dietetics.

Following completion of Radcliffe's Graduate Management Training Program, she became the Personnel Director for the brand new East Tennessee Baptist Hospital in Knoxville. She remained there for eight years. But because she had such a fine record during her Radcliffe-MGH affiliation, she was invited to become the department's Administrative Assistant. She accepted, and a short time later she was appointed Associate Director of the department.

In that capacity, she was involved in hiring, handling the budgets, logistics, and teaching. That was her job description. But Mae Dozier can also be described in many ways as a person. Said one member of the department, "Mae is the person who seemed to ask, 'How are things?' just when you needed to talk with someone. Her quiet way of being sure everything was ready for a new person always made the first day with the department a little easier."

And her low-key manner was as effective in times of crisis as in normal periods.

During the Blizzard of 1978, her firm hand on the rudder guided the department to meet effectively the dietary needs of patients, employees, and visitors trapped here by the storm.

So Mae Dozier will now be charting a new course for herself. She plans to take a cruise this winter, and as vice-president of the board of the Pine Street Inn, which provides housing for Boston's homeless, she will continue to assist that staff.

But to many of those in the Department of Dietetics, Miss Dozier will always be the best in the fleet.

Nutritional Highlights

by the Department of Dietetics

Many people associate carbohydrates with weight gain and extra calories. While it is true that carbohydrate-rich foods provide essential energy for body cells, they also contain vitamins, minerals, protein, and dietary fiber.

To test you knowledge of this often misunderstood nutrient, take the following quiz:

1) Name the two types of carbohydrates found in food.
2) What percentage of daily calories should come from carbohydrates?
a) 25-30% b) 35-40% c) 45-50% d) 55-60%
3) Which nutrient provides the most calories per gram?
a) protein b) carbohydrate c) fat
d) alcohol
4) Which of the following foods contain carbohydrate?
a) yogurt b) grapefruit c) honey
d) spinach
5) Which food in each pair contains more calories?
a) medium baked potato or 3-ounce steak
b) 2 slices of bread or 2 ounces of cheese
c) 1 cup cooked spaghetti or 2 small frankfurters
6) Which of the following carbohydrate-rich foods are most likely to promote tooth decay?
a) raisins b) caramels c) orange juice
d) apple
7) Carbohydrate is such an important energy source that a small amount is stored in liver and muscle tissue. Can you name this storage carbohydrate?
8) If the diet lacks carbohydrate, protein may be used for energy rather than for building new body cells. True or false?
9) People who have diabetes should avoid carbohydrate. True or false?
10) A low carbohydrate, high protein diet is a good way to lose weight. True or false?

Answers on page 4.

Alzheimer's Meeting Held

A death sentence...the never ending funeral...These are the words expressed by families when describing life with an Alzheimer's patient. Family members experience fear, grief, and overwhelming sadness when they first notice changes in a loved one. These emotions continue and intensify through the period of diagnosis, decline, death, and beyond.

One of the few places for family members to identify and vent their feelings of grief and frustration on a regular basis is at an Alzheimer's Family Support Group Meeting. Dozens of these groups have formed throughout the Commonwealth of Massachusetts over the past three or four years.

Here at the MGH, a monthly support group has existed for the past two years, providing families with information and emotional support. The group, sponsored by the Memory Disorders Unit, is co-led by Frances Senner-Hurley, a Clinical Supervisor in the Speech-Language Pathology Department, and by Myrna Bocage, a Social Worker in the Neurology Department. Thus far, close to 100 family members representing 70 Alzheimer's patients have attended one or more meetings.

In planning activities in conjunction with National Alzheimer's month, the Massachusetts Alzheimer's Disease and Related Disorders Association (ADRDA), along with Ms. Senner-Hurley and Mrs. Bocage, sponsored a workshop at the MGH on November 30. Entitled "The Long Goodbye," the workshop focused on how professionals can help families cope with the changes that occur within the family during the course of the disease.

This workshop was led by four panelists. Dr. Phyllis Silverman, an Associate Professor in Social Work in Health at the MGH Institute of Health Professions, proposed that when a family member develops Alzheimer's Disease, the family experiences a real loss, which results in grief and mourning. A change in the relationship occurs in which the family and family members go through a period of transition to deal with this change.

Mrs. Jean Wetherbee, the widow of an Alzheimer's patient, the leader of the North Shore Support Group, and the editor of the Massachusetts ADRDA Newsletter, provided a realistic description of life with an Alzheimer's patient. Her ability to maintain a positive outlook throughout her husband's decline inspired those in attendance.

Dr. Kenneth Noble, Director of the Geriatric Evaluation Unit at the MGH and staff member of the Hebrew Rehabilitation Center for the Aged, spoke about the medical aspects of Alzheimer's Disease and the use of medication to alter behavioral manifestations of the incurable disease.

And Rabbi Jeffrey A. Perry-Marx of Temple Israel in Boston, drew from his previous experiences at Sloan-Kettering Cancer Center in New York, where he worked with terminally ill patients and their families. Rabbi Perry-Marx presented a religious perspective on helping families cope with the final stages of Alzheimer's Disease.

Mae Dozier gets some help with one of her gifts--a necklace--from Ruth Palombo of the Dietetics Department.

Scenes from An MGH Christmas

Campaign (continued from page 1)

date for the First Phase goal of $65 million.

The achieving of this goal has already permitted some major changes. The Ambulatory Care Center, now complete, can accommodate 600,000 outpatient visits annually. Among the major components of this building is the Day Surgery Unit made possible by the generosity of the Cabot family trust.

Research efforts will be enhanced by a new research building presently under construction. The building will be named in honor of Mr. and Mrs. Arthur O. Wellman, whose contribution made it possible. A gift from the Thomas Anthony Pappas Charitable Foundation, Inc. will develop a neurosurgical research floor.

The Institute of Health Professions has inaugurated five graduate programs in nursing, dietetics, social work, physical therapy, and speech-language pathology. A total of 161 students are presently enrolled in this innovative program.

Important to both patients and staff alike are the renovations under way of many of the areas that serve patients who have undergone surgery in the White and Gray buildings. Gifts from the James and John Knight family of Florida have been responsible for much of the renovation.

Dr. J. Robert Buchanan, MGH General Director, stated that the large number of gifts "form a strong platform from which we can now move to achieve the grand design of modern facilities for the MGH--for its patients and for its staff." He also commented on the fact that "many gifts to date have been given by patients in honor of their physicians and the excellent quality of care provided." Mr. Lawrence added that this giving is a "splendid achievement ...Friends of the MGH have formed a partnership with the hospital," Mr. Lawrence said, "to ensure that the excellent care for which the MGH is known will be continued and that patients' comfort will be assured by the existence of new facilities."

Mr. Cooper said that "with the successful completion of the First Phase goal the Trustees can now concentrate on the planning and implementation for the second phase necessary to enable the construction of a new building which will replace all beds in the Baker and Vincent-Burnham buildings and the financing of improvements in the Phillips House."

"I'll be Home for Christmas" Proves True for Erik

Young Erik Murray has spent half his eight Christmases with his MGH family here and the other half with his mother at home. But this year he was heading home. And the staff on Burnham 6 could not have been more delighted.

"It was our goal this year to see that Erik got home in time for the holidays," explained Mary McLaughlin, head nurse on Burnham 6. "But we know that he'll be back with us soon. This discharge is only temporary."

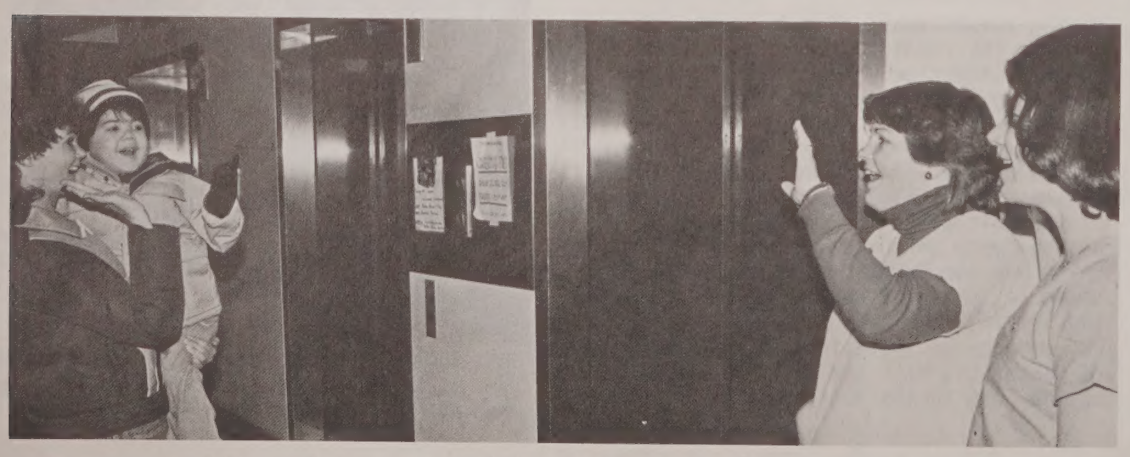
Erik Murray first came to the MGH when he was six months old. In this, his most recent stay, he had been a patient since last June.

Erik is waiting for another kidney transplant. He's already had two in his young life and has rejected them both. His condition has been complicated by cardiac and orthopaedic problems, which have resulted in long hospital stays over the years. It's been frustrating for those involved in his care. But it's been a very special experience, as well.

"We've known Erik almost all his life," said Ms. McLaughlin, "and we've come to care about him and his family a great deal."

Erik also has become a very popular patient around the hospital. Many seem to know his name, and he knows theirs.

"He's become a big part of our family up here," said Ms. McLaughlin. "And even though we all missed him this Christmas, we hope it's the first of many that he'll be able to spend with his other family."



Erik Murray and his mother (left) saying good-bye to Burnham 6 nurses, Kelly Hill and Mary McLaughlin

Answers to Quiz

1) Sugar or simple carbohydrate and starch or complex carbohydrate.
2) (d) The U.S. Dietary Guidelines recommend that Americans increase their carbohydrate intake from 45% to 55-60% of total calories by eating more whole grains, fresh fruits, and vegetables.
3) (c) Fat provides 9 calories per gram, more than twice as much as protein or carbohydrate. Alcohol contributes 7 calories per gram.
4) (a, b, c, and d)
5) Steak, cheese, and frankfurters
6) (a and b)
7) Glycogen
8) True
9) False. The American Dietetic Association encourages high fiber, complex carbohydrates such as vegetables, legumes, and whole grains
10) False. These diets fail to promote long-term weight control and may be dangerous for some people.

Wellman (continued from page 1)

Approximately 400 MGH employees will be located in the 11-story building, which is named after Arthur O. and Gullan M. Wellman, who in 1981 donated $15 million for its construction. Much of the money from The Capital Campaign is also targeted by donors for the construction of the building.

"We hope it will be a model for similar buildings around the country and the world," said Mr. Hochschwender. "We have designed this building with the adaptability to change as medical technology changes. I think this is a real credit to everyone who has been involved."

The architect for the building is Payette Associates. Walsh Brothers are the contractors, and Vanderweil Associates are the engineers. In addition, several hospital committees have been involved in the project from its inception. Among these are the Project Coordinating Committee, chaired by Mr. Lawrence E. Martin, Associate General Director; the Programming Committee, headed by Dr. Paul S. Russell; and the Project Technical Committee, comprised of representatives from the Planning and Facilities Engineering offices, as well as the architect, engineer, and contractor.

February 16, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

New Device Expected to Eliminate Need for Kidney Stone Surgery for Many

An extraordinary new device that works underwater to rid the body of kidney stones without surgery is now being installed at the MGH. It offers the first nonsurgical treatment available to many of the approximately 200,000 Americans who must undergo surgery each year for the removal of kidney stones.

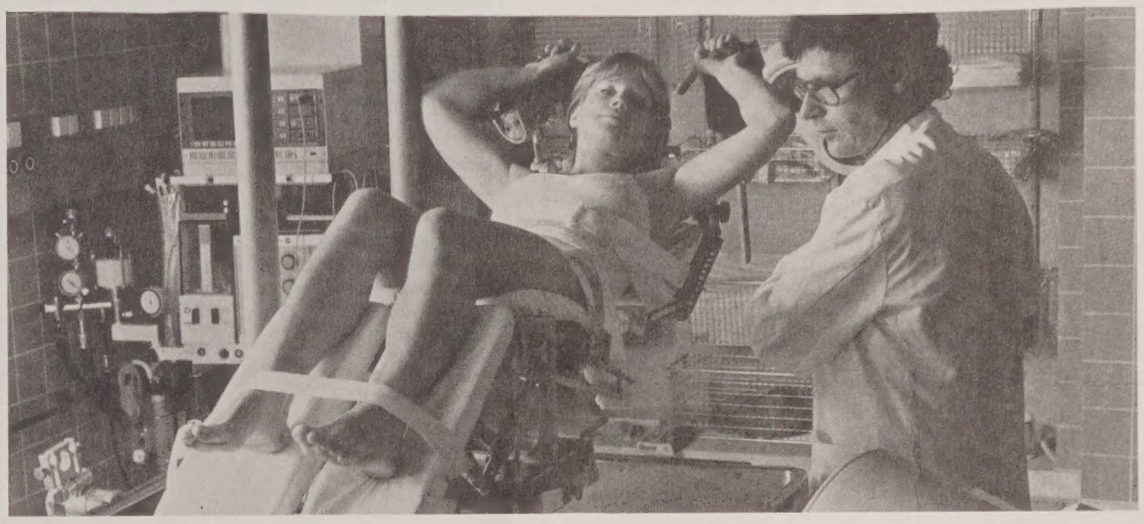
The extracorporeal shock wave lithotripter ("stone crusher" in Greek) exerts high pressure on the stone by means of shock waves transmitted from outside the body. After repeated waves, the stone crumbles into tiny particles, which the patient then passes.

The new treatment is far less painful than conventional surgery. By shortening hospital stays, the device will save patients significantly on their medical bills. Most people can resume normal activities within a few days, thus lowering the cost to the economy still more by reducing lost work time.

"Stone treatment by shock wave is a quantum leap in the care of patients with kidney stone disease," said Dr. Stephen P. Dretler, the MGH urologist carrying out the clinical trials on the lithotripter. "There have been significant improvements in treating stone disease in the last several years, but all have involved surgery of some kind."

The shock-wave method allows the surgeon, for the first time, to destroy the stones without affecting the organs. This ability is especially important for people who form many kidney stones during their lives. Prior to shock-wave treatment, they would have required multiple operations to remove their stones. Each time surgery is performed on the kidney, the likelihood of ultimately losing the organ rises dramatically.

The treatment takes between an hour and an hour and a half. The patient is given either a general or a spinal anesthetic and is placed on a stretcher, which can be moved hydraulically to ensure proper positioning. Then the patient and stretcher are immersed in a tub of water. Shock waves are generated underwater by a spark plug-like electrode. They can pass directly through water and soft biological tissue without losing any energy. Two X-ray devices visualize the kidney stone precisely so that the shock waves are focused on the stone. Every few minutes the patient is moved by the hydraulic stretcher so that the kidney stone remains in the exact position to receive the full strength of the shock waves. During the procedure the lithotripter emits a total of about 1,200 waves.



Patient being lowered into tub of water where shock waves are directed at the kidney stone
Photo supplied by Dornier System

Working closely with Dr. Dretler on the shock-wave procedure will be Dr. Richard C. Pfister, an MGH radiologist.

(continued on page 3)

Boston Bruins center Barry Pederson involved in a competitive game of checkers with two pediatric patients during a recent visit to the MGH. Also visiting the hospital was teammate Mike Milbury.

The Capital Campaign Update

The Boston Bruins are well known throughout New England for their prowess on the ice and for their philanthropic spirit off the ice. The wives of the hockey club not only share their husband's zeal for the rink but also are equally at home in the fund-raising arena.

This year, the MGH Children's Service is indeed fortunate to have been named beneficiary of the activities of the Bruins' wives.

Their first venture was the publication and distribution of 7,000 Bruins calendars--which were quickly sold out. They then turned their attention to the planning of a fashion show/dinner dance, which was successfully held on January 26 at the Sheraton Boston Hotel.

Approximately 1,100 people paid $40 each to attend the event and meet the Boston Bruins and their wives. John Robinson,

(continued on page 2)

For Some, Valentine's Day Gives Birth to Special Meaning

Chances are many of you are still watering the flowers, eating the candy, and reading the cards you may have gotten two days ago. Well, maybe the candy is gone. But for MGH employees Daphne Beckford, Shirley Campbell, David Carder, Mary Carty, Eleanor Chambers, Enith Clarke, Toni Cristoforo, Denise Duchainey, Leslie Harvey, Gerri Holden, Henry Jansen, Pat Johnson, Yvonne Kelly, Arthur Kennedy, Maryellen Manning, Estrela Monteiro, Kathy Moynihan, and Esther O'Dette, the spirit of Valentine's Day lasts a little longer than that last rose or piece of chocolate. True, it is still a day to express love. But to them, February 14 is also a day for cakes, songs, parties, gifts, and surprises. After all, wouldn't it be for you if it were *your* birthday?

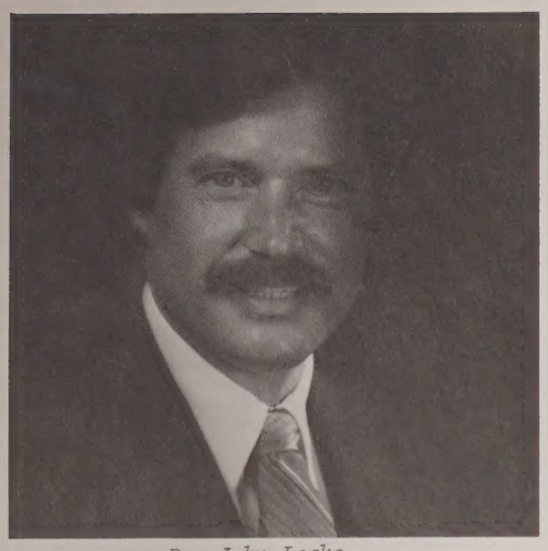
Shirley Campbell, Environmental Services--"I feel fortunate having a birthday on such a happy holiday. I always have a good time. To me it's a lucky day."

Yvonne Kelly, Social Service--"I think it's a nice day to have a birthday. It's also hard for people to forget. I tell them that's why I'm such a sweetheart. I remember my mother always baked me a pink heart-shaped cake. But I never really got Valentine's gifts, just birthday gifts."

Enith Clarke, Materials Management--"It's a real special day for me. My father was also born on Valentine's Day. I usually get combination gifts, and of course, flowers. I remember my birthday last year, in particular, because of a special gift from a special person.

Estrela Monteiro, Nursing--"I call myself a 'Love

(continued on page 4)



Dr. John Locke

New Graduate Program To Begin in September

Although it won't officially begin for several months, the Graduate Program in Speech-Language Pathology at the MGH Institute of Health Professions is already being described as unique.

The program, which starts in September, will offer academic and clinical education designed to prepare graduates for a career in Speech-Language Pathology, specifically in health care settings.

"We think we can offer students things that many other schools can't," explained Dr. John L. Locke, Director of the Graduate Program. "And being located within one of the nation's leading biomedical research centers is certainly a big plus."

The goal of the Master of Science program is to educate scientific clinicians, who approach their patients systematically, and clinical scientists, who in their own research will produce new knowledge of use to themselves and also to future generations of speech-language pathologists.

"The students will get most of their practical experience at the MGH, Bunker Hill, Chelsea, and the Spaulding Rehabilitation Hospital," said Dr. Locke. "And we expect our graduates will be able to assume important positions at health care settings around the country."

Fifteen students are expected to be admitted to the two-year program for the September 1984 term. They must have a bachelor's degree in the field of Communication Disorders, Linguistics, Psychology, or some related field. There will be three or four full-time faculty members and several part-time instructors. The program meets all the educational requirements set by the American Speech-Language-Hearing Association.

A research capability and a program of advanced clinical and research training also are being planned. The research program would involve studies to improve our understanding and treatment of communicative disorders. The advanced training program would provide academic, clinical, and research training at the postdoctoral level. These efforts would be carried out by the faculty in Speech-Language Pathology, in collaboration with medical personnel at the MGH and faculty members at M.I.T.

Dr. Locke, who came to the MGH last year, is a graduate of Ripon College and received his Master's degree and Ph.D from Ohio University. This background may not be all that unusual for a Director of a graduate program in speech-language pathology, except for the fact that John Locke attended elementary school on an Indian reservation.

"My parents moved to Northern Wisconsin when I was very young, and I attended the nearest school to our home, the Lac du Flambeau Federal Indian Day School. The town had a population of 1,200 Chippewa Indians and 300 of us 'non-Indian.'" He explained that a different dialect of English was spoken by many of the Indians there. And he also observed other differences in culture.

"The Indians were a quiet people.... They're used to being alone for long periods of time," he explained. "And I became somewhat introspective myself. So some may think it a bit odd that I would go into a field in which the primary concern is efficient, verbal communication." But Dr. Locke added that he expects that many of the students entering this fall may have equally unusual backgrounds but will also have that same concern.

First Sleeper Scholarship as Good as "Gold"

Marcia N. Gold, a second-year student in the Master of Science in Nursing Program at the MGH Institute of Health Professions, has received the first Ruth Sleeper Scholarship for academic and clinical performance.

This award, which honors the former Director of the School of Nursing, will be given each year to a student who excels in the theory and practice of nursing. The prize was established last year by the MGH School of Nursing Alumnae Association.

"Ruth Sleeper typifies the kind of nurse the MGH produces," explained Association president-elect Linda Lass-Schuhmacher, "so we felt it very fitting to name this scholarship after her." Miss Sleeper was Director of the hospital's School of Nursing from 1946 until her retirement in 1966.

Ms. Gold holds a Bachelor's degree with high distinction from Simmons College and a Master's degree from the University of Wisconsin. She had been a history teacher and came to the Institute following eight years as an Administrative Assistant to the Vice-President for Nursing at Beth Israel Hospital. And she cited this experience as a major factor in making a commitment to pursue nursing as a career.

Ms. Gold is a member of the Institute's student government and plans to specialize in Gerontologic Nursing.

The scholarship was awarded at a reception for the Institute nursing students.

Marcia Gold (center) receiving congratulations from Ruth Sleeper (right) for the award named in Miss Sleeper's honor. At left is Linda Lass-Schuhmacher, president-elect of the MGH School of Nursing Alumnae Association.

Campaign (continued from page 1)

who reported on it in The Boston Globe, described the "pre-dinner pandemonium that engulfed the hockey players who had made themselves available for autographs and pictures to swarms of adoring fans in the halls of the hotel."

Dr. Donald N. Medearis, Jr., Chief of the Children's Service, was introduced to the assembled guests during dinner. Shortly thereafter, the Bruins and their wives took turns modeling the latest in fashion, accompanied by the squeals and screams of their fans.

Proceeds from both endeavors are expected to generate at least $35,000 for the hospital's department of pediatrics which will be used to improve accommodations for visiting parents and family members and also to upgrade recreational areas for hospitalized children.

These improvements will help to alleviate some of the existing space problems faced by the Children's Service in the Burnham Building. The replacement of all 83 pediatric beds is one of the goals of the Second Phase of the hospital's Capital Campaign.

Mrs. R. Morton Claflin, an MGH Trustee, summarized the feelings of many when she stated that "we feel so lucky and so pleased to have this association with the Bruins' wives, and we are so pleased that they have chosen the Children's Service to help."

January 25th was Intravenous Nurses' Day. So here the nurses at the MGH celebrate the occasion with a cake. Observance of the day began in 1973 under the sponsorship of the National Intravenous Therapy Association, which has its national offices in Cambridge.

Lillian Sonnenberg, RD, looks on as Cardiac Fellow Bill Dec demonstrates his culinary talents. Dr. Dec was a guest lecturer on the subject of stir frying for the MGH Cardiovascular Health Center Nutrition Program.

Eating Well While Lowering Cholesterol Levels

The MGH Cardiovascular Health Center has developed an innovative Nutrition program designed for patients with symptomatic heart disease or those who are at risk for heart disease.

Clinical studies have shown that virtually all people can significantly lower their serum cholesterol by changing their dietary habits. A recent primary prevention trial demonstrated conclusively that the risk of coronary heart disease can be reduced by lowering blood cholesterol.

A six-week series of classes is currently being taught by Nadine Braunstein, RD, Carolyn Crimmins, RD, Lillian Sonnenberg, RD, and Dr. Wayne Peters, all from the MGH.

The course has been designed to teach patients how to change their eating habits in an effort to reduce their risk from an elevated total blood cholesterol level. Each session begins with a talk by Dr. Peters explaining the reasons why changing the diet may improve or prevent heart disease. This is followed by the nutritionists presenting the cholesterol-lowering diet in understandable terms and with practical ideas.

The topics include: the value of fish, legumes, grains, tofu, stir-frying, and cutting down on fat. Recipe substitution, shopping advice, hints for eating out, and many recipes are also given. An educational highlight for the patients is the actual cooking demonstration and food tasting.

The course meets once a week on Tuesday evening. Patients already participating in the MGH Cardiovascular Health Center are encouraged to enroll as well as anyone else who is interested. Spouses and/or "significant others" are welcome to attend. Participants are accepted by physician referral to Dr. Wayne Peters, c/o Cardiovascular Health Center, ACC 2, Ext. 8248.

Device (continued from page 1)

Risks or complications in this ESWL therapy appear to be small. The evidence compiled thus far indicates the treatment does not harm the patient in any way. Radiation used to position the patient during ESWL therapy approximates the radiation of routine kidney X rays.

The lithotripter arrived from Germany in late January packed in 25 crates and weighing seven tons. The device was developed in Germany by Dornier System in cooperation with Dr. Christian Chaussy of the University of Munich. Dr. Dretler recently worked in Germany with Dr. Chaussy to thoroughly learn the new procedure.

The MGH is one of six hospitals in the United States that the Food and Drug Administration has approved for testing the lithotripter, and this hospital will be the first major teaching hospital in the country to acquire one. Sometime in April the first MGH patient is expected to undergo the treatment. Initially, the MGH will limit patients to those meeting certain criteria: patients having no serious medical problems, with a single, well-calcified stone of less than two centimeters (about the size of a quarter) "I am tremendously enthusiastic about the benefits of this procedure," said Dr. Dretler."This is a real breakthrough."

Nutritional Highlights

by the Department of Dietetics

February is national heart month--a good time to focus on healthy eating for a healthy heart. Heart disease remains the number one killer disease in the United States. Diet plays a key role in preventing and treating coronary heart disease. Here are some suggestions to promote healthy eating:

Maintain your ideal body weight. Shedding extra pounds can be an effective way to lower blood cholesterol levels.

Eat less total fat. Too much fat adds extra calories and contributes to weight gain. Try to use only ½ as much fat on bread, salad, and in cooking. Saute or stir-fry vegetables in wine, vegetable juice, or a flavorful broth instead of in oil. Broil, bake, or roast meat on a rack rather than fry.

Limit saturated fat. Saturated fat raises blood cholesterol levels even more than dietary cholesterol does. Eat red meat (beef, lamb, pork) less often, and in smaller portions. For example, stir-fry vegetables and "season" with a small amount of meat; serve with steamed rice for a delicious, low fat entree. Serve chicken, turkey, and fish more often. Experiment with new ways to prepare these old favorites.

Try making some changes in your choice of dairy products. Substitute skim or low fat milk for whole milk; evaporated skim milk for cream; buttermilk, low fat yogurt or low fat cottage cheese for sour cream; low fat or part skim milk cheese for whole milk cheese.

Coconut and palm oil, often used in processed foods, are also highly saturated. Read labels carefully to check the type of vegetable oil. Look for margarine which lists liquid corn, sunflower, safflower, soybean, or cottonseed oil as the first ingredient. Soft, tub margarines are best, since they contain the most polyunsaturated fat.

Limit your cholesterol intake. Red meats and whole milk dairy products contain cholesterol as well as saturated fat. Organ meats and shrimp are high in cholesterol, but egg yolks are the richest source. Try substituting 1 egg white and 1 teaspoon oil for 1 whole egg in cooking, or use commercial egg substitutes.

Eat more fresh fruits and vegetables, whole grains, and legumes. These foods contain little fat and no cholesterol. Experiment with the delightful variety of fresh herbs and spices, instead of relying on high fat cheese or cream sauces and herb butters to season vegetables. Try planning one meatless meal each week. The MGH cafeterias offer a number of choices from the Salad Bar on Line 3, to the vegetarian soups, tofu salad, hummus, and tabbouleh in the ACC.

This month, help your heart by making some small but permanent changes in your eating habits. The benefits will last a lifetime.

A Big *Thank-You* from R-Inn-R

The shower held last month for the R-Inn-R's Home for Families of Hospitalized Children was a huge success. Many useful items were donated by MGH employees, several of whom did so anonymously. "We were just overwhelmed by the generous spirit of the MGH family," exclaimed Mrs. Sheila Brown, one of the group's organizers. "But to us, what was even more important was the display of enthusiasm and support which those gifts and best wishes represented."

The house, which the MGH is leasing to the R-Inn-R group, will provide parents with an affordable place to stay, where they can interact with other parents whose children are also hospitalized. Twenty-nine beds will be available for parents at the house, which is expected to be open in June.

Much needed blankets, towels, sheets, and small appliances were donated at the shower, which was sponsored by the MGH Children's Service.

"We'd like to thank everyone involved," said Mrs. Brown, who lost her son to cancer four years ago. "This outpouring of generosity will certainly touch the hearts of hundreds of families."

Members of the R-Inn-R group were kept busy opening the many gifts donated at the recent shower.

Valentine's (continued from page 1)

Baby,' since I was born exactly nine months after my parents were married. I came from Portugal, where we didn't have the holiday, so I think it's nice to have one special day to communicate your love to someone. I would even like to get married on that day."

Gerri Holden, Clinical Administration--"I remember my 16th birthday. I was called 'Sweetheart of the day.' I still get both birthday and Valentine's day cards. I like having my birthday on such a nice day."

Toni Cristoforo, Emergency Ward--"I think of it as the beginning of a new year. I consider it as one more year of being alive and healthy, and I'm grateful for that. I remember on my 9th birthday my father took me into a candy store and bought me pink candy cigarettes. I felt so grown up! That same year, I also got a nightgown with red hearts on it. I'd like to think of myself as being a romantic person, but I have to admit I'm still waiting for my dozen roses."

Maryellen Manning, Department of Dietetics and a student at the MGH Institute of Health Professions--"It's a lot of fun. I usually get both Valentine presents and birthday gifts. I think I get more attention than I would on other days that didn't fall on a holiday. And yes, pink is one of my favorite colors."

Denise Duchainey, research assistant to Dr. Andrew Warshaw--"I really consider it to be just my birthday. But I usually do get a heart-shaped cake from my family."

Daphne Beckford, Nursing--"I look forward to it every year. It makes me feel special having a birthday on such a nice holiday. I call myself a Valentine Sweetheart. I also have a nephew born on February 14. It's a day people always remember."

Kathy Moynihan, Neonatal Unit--"I usually get things with hearts on them but other than that, I don't think I celebrate my birthday any differently from having it on any other day."

Henry Jansen, Environmental Services--"I never heard of the holiday before I came to the United States from Poland. But I think it's a good idea. It gives pleasure to so many people....Love is such an important part of our lives. It's nice to set aside one day each year for people to think about one another."

Leslie Harvey, Nursing--"No one ever forgets your birthday on Valentine's Day. My sister's birthday is the day before. I always received things with hearts on them, so much so that I started a heart collection. I have heart pillows, boxes, and clothing."

Eleanor Chambers, Nursing--"My father gives me roses every year. And I also have a heart-shaped cake, as well as other things with hearts on them. It's an easy day to remember. But I don't think I'd like celebrating my birthday on Valentine's Day if I were a guy. It's too mushy!"

Arthur Kennedy, Operating Engineer--"I think it's tremendous. Everybody makes a big fuss over you. People who have birthdays on Valentine's Day have reputations of being great lovers. But I'd just like to think of myself as being an 'affectionate person.' I get gifts with hearts on them...even underwear."

Pat Johnson, Nursing--"I think Valentine's day may have more significance for other people than it does for me. It has no particular meaning for me except it happens to be my birthday."

Mary Carty, Overnight Ward--"It's a special day to me. People call me a sweetheart because of my birthday. I feel fortunate that I'm so well loved by my family and friends. I receive gifts with hearts on them. They mean a lot to me because I feel that when you get a heart, it's from the heart."

Esther O'Dette, Nursing--As much as I enjoy having my birthday fall on such a nice day, I sometimes feel kind of deprived, similar I guess to having a birthday on Christmas. I was supposed to have been born on the 15th, but I'm glad it was the day before. My mother used to have me wear a red dress with hearts and red shoes on my birthday."

David Carder, Nursing--"It was hard when I was a kid. Some of the people in my class used to call me 'sweetheart,' and the girls used to like to pinch my cheeks. But when I think of Valentine's day, I think of more than just hearts and flowers. It should be a time to show people that you care."

Baker 7 Staff Members Give Their Hearts To Cardiac Patient

There was a lull in the festivities. It was the first time since the party began almost an hour earlier that those in Room 733 of the Baker Building seemed to be at a loss for words. Just then, the silence was broken by the guest of honor. "You know," he began to no one in particular, "friendship goes a long way. But love goes even further."

Joseph Fitzback was expressing his gratitude to the staff of Baker 7 for all it had done for him during his three-month stay in the hospital. And the staff was showing its appreciation to "Fitzy" for being such a good patient by giving him a going-away party. But the hand-written sign above Mr. Fitzback's bed may have told a bigger part of the story. It read, *SO LONG, FAREWELL, BUT NOT GOOD-BYE.*

Joseph Fitzback came to the MGH last September because of a life-threatening abnormality of his cardiac rhythm. But under the care of cardiologist Dr. Jeremy N. Ruskin, Mr. Fitzback's condition has stablized, and he is now on the road to recovery.

Despite his physical problems, however, Joseph Fitzback never lost his smile. "He always had a good word for everybody," noted Sue Shadbegian, head nurse on Baker 7 South. "Even when there were delays and disappointments, Fitzy kept a good attitude. He was really a big source of inspiration and encouragement for us as nurses."

Mr. Fitzback had spent most of the past year in and out of hospitals. But he never got angry or discouraged. So there was much reason to celebrate when it was finally time for the Dudley, Mass. man to be discharged. "He was very well liked," said Ms. Shadbegian, "and having a party was a good way for us to show him how much we care."

So they all came. Those on the floor who saw him everyday. Those on the other end of the floor who were not regularly assigned to his care, but who knew all about him, and those who came in on their day off just to be with him in his hour of joy, amid so many other hours of frustration.

"He really was a big part of this floor," added Ms. Shadbegian. "He may not have realized it, but he may have done as much for us as a people, as we did for him as nurses."

So life goes on for the staff of Baker 7 and for Joseph Fitzback. "Obviously, we're thrilled that he was well enough to leave," said the head nurse, "but I'd also not be telling the truth if I said that we didn't miss him."

But the nurses haven't seen the last of Joseph Fitzback. He will be returning for several follow-up visits with Dr. Ruskin and his other physicians. Incidentally, the first one was just this week... February 14...Valentine's Day. How appropriate!

MGH Nurse Helps to Save a Life on a Boston Street

Mary White's change of address just may have helped to change the life of a 36-year-old Lynn man.

It all happened around 9:30 a.m. on January 20. Ms. White, a nurse on White 7, had just left the Post Office in Government Center, where she completed a change of address form, when she noticed a man lying on the sidewalk nearby. He had no pulse and was not breathing.

Ms. White and another woman--later identified as an off-duty Boston Police officer--rushed to the victim's aid. The nurse administered chest compression while the policewoman gave mouth-to-mouth resuscitation. In a couple of minutes, emergency medical technicians, who had left the MGH, arrived at the scene and quickly transported the man to the Emergency Ward. "The EMTs deserve most of the credit," said Ms. White. "If it wasn't for them, the man probably would not be alive today." But he is, and Thomas E. Holloway is back home.

Ms. White explained that she had used CPR before, but never outside a hospital setting. "When I was in nursing school at Northeastern, we would always hear about 'how to do things in the field,' so now I guess I know what 'the field' is."

While the 23-year-old nurse admitted that she has derived a tremendous amount of satisfaction from her role in helping to save a life, she added that she definitely feels uncomfortable with all the accompanying publicity. "If the same thing happened here inside the hospital, it would have been no big deal," she asserted. "But because it happened on the street makes it seem more important. And I don't think it should be that way."

A new resident of Beacon Hill, Ms. White explained that she visited the post office that morning after getting out of work because she became suspicious when she wasn't receiving any mail. "It seemed that nobody knew I still existed," she said. "But now, strange people are coming up to me or just staring at me. Frankly, I think I was happier the other way."

Joseph Fitzback surrounded by some of his friends on Baker 7

March 15, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Eleanor Clark

Two Women Named Associate General Directors

For the first time in its 173-year history, the MGH has named a woman as Associate General Director. In fact, the MGH has named two women. Eleanor Clark and Gellestrina T. DiMaggio have just been appointed to newly created positions by the hospital's Board of Trustees.

"These appointments recognize the high esteem in which Eleanor and Tina are held by all of us," said Dr. J. Robert Buchanan, MGH General Director. "Both women have made significant contributions to the MGH's past and will be an integral part of the hospital's future. We are delighted that they have accepted this new responsibility."

Miss Clark, who will continue to serve as the Director of Social Service for the MGH, is considered to be one of the most outstanding Social Service Directors in the country. Since becoming director of the department in 1964, she has instituted such innovative programs as the Discharge Planning Unit, Lifeline, Adult Day Care, and the Adult Foster Care Program.

"We have always been concerned not only with the welfare of patients while they are here but with their needs upon discharge," said Miss Clark. "The hospital is giving recognition to outreach programs to the community, to the communities' concern for accessibility into the health care system, and to the needs of the elderly and frail."

Gellestrina T. DiMaggio

Miss Clark said that in her new capacity she will be planning activities involved in long-term care, working closely with community health programs in the neighborhoods surrounding the hospital. And she said she believes her

(continued on page 4)

A Night in the E.W.

For those who work in the MGH's Emergency Ward, two rules of thumb seem to prevail: What you expect to happen probably won't, and what is predictable usually turns out to be very unpredictable.

With that in mind, it was not surprising then that a rainy, Friday night-Saturday morning in January--traditionally a busy time--would turn out to be somewhat quieter than normal. That is, if you call handling about 30 patients, including a trauma and a heart attack victim being treated between the hours of 11 p.m. and 7 a.m. to be quiet.

"This is a place of action even when it appears to be slow," remarked Gary Costello, an E.W. Admitting Assistant. "The E.W. has a propensity to surprise. Just when you think you've seen it all, you quickly discover that you really haven't. And that's especially true on the night shift."

It is often said that the night shift has a character all its own. "Some people think we must be a little strange to work these hours," said one member of the E.W. staff. "And maybe we are. It's certainly different from the rest of the workforce who have 'nine-to-five'jobs."

There is also a different kind of patient who comes into the E.W. at night. "We

(continued on page 4)

The Trauma team goes into action after an accident victim is brought into the E.W.

Clinical Pastoral Education Celebrates 50th Year

A dinner will be held tonight (Thursday, March 15), and an all-day symposium is scheduled for tomorrow (Friday, March 16) in celebration of the 50th anniversary of Clinical Pastoral Education (CPE) at the MGH.

The dinner, in honor of chaplains who have served here during the last half century, will take place at 6:30 p.m. in the ACC Lobby. The keynote speaker will be The Reverend Duane Parker, incoming Executive Director of the Association for Clinical Pastoral Education and Director of Pastoral Care, Interfaith Health Care Ministries in Providence, Rhode Island. He will speak on the subject of "The Art of Ministering to the Sick: The State of the Art."

The symposium will be held tomorrow (Friday) beginning at 8:30 a.m. in Meltzer Auditorium on the third floor of the Massachusetts Eye and Ear Infirmary. Among the guest speakers will be The Reverend James Gibbons, Director of Chaplaincy Services, the University of Chicago Hospitals, and Rabbi Harold S. Kushner of Temple Israel in Natick and author of the best selling book When Bad Things Happen to Good People.

Among those from the MGH who will be taking part in the day's program are Dr. Peter Black, Dr. John Stoeckle, Dr. Ned Cassem, Dr. Paul Russell, Dr. Phyllis Silverman, and Ms. Elizabeth Heckathorn, R.N.

When Clinical Pastoral Education began at the MGH in 1934, it was the first program of its kind in a general hospital setting, and it has since served as a model for others across the country.

Dr. Richard Cabot, an MGH internist and founder of Social Service in 1905, believed there was a need to provide bedside instruction in pastoral care to the sick in a supervised clinical setting. Along with MGH Chaplain Russell Dicks (whose widow will be attending the dinner), Dr. Cabot saw that physicians in training had traditionally been provided on-the-job training as interns and residents, so he felt that the clergy needed the same opportunity to learn to minister to the spiritual needs of the sick.

Because of the personal concern and forward-looking views of Dr. Richard Cabot, the MGH became the first general hospital to provide the opportunity for clergy to learn from personal involvement and clinical methods more effective and compassionate care of the sick," said The Reverend Robert T. Horstman, Director of the Department of Pastoral Services.

(continued on page 3)

Using Your Head on the Job

Two members of the Electric Shop lose their heads in their work repairing wires in the old Clinics Building.

Conference Room Dedicated to MGH Pathologist

Dr. Walter G.J. Putschar was given a somewhat unusual gift on the occasion of his 80th birthday. He received a room... a conference room to be exact.

The room that now bears Dr. Putschar's name is the Pathology Department's Conference Room in the basement of the Warren Building. At a reception held recently in Dr. Putschar's honor and attended by about 100 people, it was also announced that a lectureship was being established in his name. Contributions to support the series of lectures were received from members of the Department of Pathology and alumni, including those from other countries. Generous donations were also made by the Departments of Radiology and Orthopaedics, two services with which Dr. Putschar has been closely associated, and by friends.

Born in Austria, Walter Putschar graduated from the University of Vienna Medical School. He spent seven years at the University of Goettingen in Germany, where he served on the faculty as teacher and researcher.

Dr. Putschar came to the United States in 1935 and worked first on the faculty of the University of Buffalo and later as Chairman of the Department of Pathology at the Charleston General Hospital in Charleston, West Virginia. During his years in Charleston, he became a Civilian Consultant of the Armed Forces Institute of Pathology and continued that association until a few years ago.

In 1958, Dr. Putschar retired from his position at Charleston, intending to spend his time traveling, writing, and teaching. However, he was lured back to work by Dr. Benjamin Castleman, then Chief of Pathology at the MGH.

Dr. Putschar agreed to come to the MGH with the understanding that he would be free to take assignments abroad or elsewhere in the United States but would return to the MGH between assignments. This arrangement worked out to the satisfaction of both of them and allowed the pathologist to take on assignments all around the world. He worked as a Fulbright Visiting Professor, as a representative of the U.S. State Department, and as an appointee of the World Health Organization. In addition, he was a Visiting Professor at M.I.T. Dr. Putschar remains an Honorary Pathologist at the MGH, a Lecturer in Pathology at Harvard Medical School, and Research Associate of the Smithsonian Institution in Washington, D.C.

Dr. Walter Putschar (third from left) acknowledging the good wishes extended to him by his colleagues and friends at a reception honoring a conference room in his honor. At far right is Dr. Robert McCluskey, Chief of the Department of Pathology.

At the reception, among those paying tribute to Dr. Putschar and his wife Florence were Dr. Robert T. McCluskey, Chief of the Department of Pathology, Dr. Alan L. Schiller, also from the Department of Pathology, and Dr. Harold Dvorak, formerly a member of the MGH department and currently Chief of Pathology at Beth Israel Hospital. All commented on his remarkable erudition and his outstanding role as a teacher, especially of residents.

Dr. Putschar has found room in his busy life for pursuits other than medicine. Music continues to be important to him, particularly chamber music. He is also very interested in art and is a lover of books, especially histories and biographies, and is involved with anthropological studies of ancient peoples.

How You Can Help the "In-Mail" to Get Out

The MGH Post Office would like to remind all employees that House Mail deposited by 4:00 p.m., Monday through Friday, at the following locations will go out by 4:30 that same day:

Bartlett Hall, Warren Building Lobby, Ambulatory Care Center Lobby, Cox Building first floor Lobby, Gray Building Basement Mail Room, White Building Lobby, and Gray Building Lobby.

Mail deposited by 5:00 p.m. in the White Building Lobby, the Gray Building Lobby, and the Gray Basement Mail Room will go out by 5:30 p.m.

Mail deposited by 5:15 p.m. in the Gray Basement Mail Room will go out by 5:30 p.m. And all mail deposited after 5:15 p.m. in all other locations will go out by noon the following day. Mail deposited by 11:45 a.m. on Saturday in the Gray Basement Mail Room will go out by noon.

Please do not leave mail on top of any mail box.

You may use the regular House Mail or a Special Box located in the Post Office to deposit mail for the following locations:

Harvard University, Harvard Medical School, Joslin Clinic, New England Deaconess Hospital, Brigham and Women's Hospital, Beth Israel Hospital, Children's Hospital, Massachusetts Mental Health Center, and Dana Farber Channing Lab. No requisition is needed, and no postage is required.

If you are wondering what is considered House Mail, here is a list of locations:

Logan Medical Station, Bunker Hill Health Center, Chelsea Memorial Hospital, Revere Health Center, McLean Hospital, Fernald School, Shriver Center, Spaulding Rehabilitation Hospital, Lindemann Health Center, North End Health Center, Mass. Eye and Ear Infirmary, and the Shriners Burns Institute.

The Post Office also asks that you not wait until 5:00 p.m. to deposit all your mail. The Post Office window is open from 9:30 a.m. to 3:30 p.m. Monday through Friday. Federal Express is done through the White Building Information Desk, and Express Mail can be completed at the Charles Street Post Office.

Dr. Stephen P. Dretler, an MGH Urologist answering questions from reporters at a news conference announcing the installation of a lithotripter at the MGH. The device works underwater to rid the body of kidney stones without surgery.

Parents Start Library In Memory of Their Son

Mr. and Mrs. Lynwood Montague of Newton wanted to do something in memory of their son, who was stillborn on January 26, 1983 with multiple congenital abnormalities. So in lieu of flowers and other gifts, the family asked their friends and their extended family for contributions to go towards the establishment of a genetics library in memory of their son.

On January 26, 1984--one year to the day

Every new library must start out with a few books, and the new Genetics Library is no exception. These are the first volumes to be obtained from donations.

that John Turner Montague was born--the John Turner Montague Memorial Library was dedicated. It is located on the sixth floor of the Ambulatory Care Center.

"This library will mean so much to the members of the Genetics Unit," explained Dr. Susan P. Pauker, Director of the MGH Genetics Clinic, and Director of Genetics and Chief of Pediatrics at the Harvard Community Health Plan.

Dr. Pauker also has a very personal interest in the Montague family. She has been the pediatrician for the Montagues' two children, Martha, 7½, and Peter, who is 5 years old. Both children seemed to be impressed with the ongoing memorial to their brother.

"I know the library is something very important to the family," said Dr. Pauker. "In fact, Mrs. Montague even designed the bookplates, herself."

CPE (continued from page 1)

Fifty years later, more than 1,000 students and some outstanding chaplain educators have participated in the hospital's CPE program.

Students in CPE learn ministry by ministering. They are assigned to approximately 30 patients each on primary units where they function as chaplains for people of all faiths. They learn how and when to make referrals, and through an action/reflection process, they discuss their experiences with supervisors, other chaplains, and the staff of their assigned units. Those participating in CPE are seminarians, clergy, and selected lay people. Many of the students come from theological training institutions in the Boston area.

"The crux of the chaplaincy training program," explained its Director Chaplain Phillip King, "is learning to listen for the feelings, religious resources, needs, and philosophies of people dealing with pain and illness. In turn, the students learn to deal with their own emotions, which accompany these relationships with very sick people."

And Chaplain Horstman added that CPE has provided a vital service to many people and their families. "Many of our patients and their families come from distant places. The availability of CPE students and supervisors had provided them a ministry otherwise unavailable."

Although the ceremonies this week are a celebration of the past 50 years, CPE Director Phillip King believes it is just as important to look to the future. "We also should recognize the fact that this history during the last half century is a living history and will continue to be written by the men and women who have trained here and continue to provide care and counsel to the sick, the dying, and the bereaved."

MGH Chaplain Phillip King (left) giving spiritual support to cardiac patient Michael Compagnon of Bermuda during his recent stay on Warren-Baker 12

The icicles from the Warren Building are all gone now, a sign that spring is on the way...maybe.

Begin to modify your diet to improve your eating habits by eating less fat, less salt, or less sugar. Here are some ideas to make eating fun as well as healthy:

LESS FAT

People who eat diets high in fat, especially cholesterol and saturated fats, often have higher levels of blood cholesterol. High cholesterol levels in the blood can increase your chance of developing heart disease. Diets containing less fat and relatively more polyunsaturated fat (vegetable oils) are linked to lower blood cholesterol and less risk of heart disease. Cholesterol is found only in foods of animal origin.

It is sensible to eat more fish, poultry, and dry beans for protein. Trim excess fat off meat. Eat more fruits, vegetables, breads, and cereals. Limit added fats as butter or margarine. Limit fatty foods. Broil, bake, and boil rather than fry.

LESS SALT

Table salt is made up of two elements: sodium and chloride. Too much sodium in the diet may contribute to high blood pressure and stroke in some people. Consider using less salt at the table. Cook with less salt. Add herbs and spices instead. Limit salty foods, salty or smoked meats and fish, and cheese, especially processed types.

LESS SUGAR

Tooth decay is the major health hazard from eating too much sugar. Americans eat on the average of more than 100 pounds of sugars and sweeteners each year. This includes sugar from the sugar bowl as well as in foods such as jams, jellies, candies, cookies, cakes, pies, soft drinks, breakfast cereals, flavored milks, and ice cream. Many foods with high sugar content offer little nutritionally except calories, and eating more calories than you need can cause you to gain weight. Use less sugar (white sugar, brown sugar, raw sugar, honey, and syrup). Eat less sugar and sugar-containing foods (candy, soft drinks, cakes, and cookies). Choose fresh fruits, fruit canned in juice or light syrup, and unsweetened fruit juice.

New MGH Basketball Team Has High "Hoops" for Big Year

The new kid on the block is proving that "he" is a force to be reckoned with.

"The new kid" is the MGH team playing this year for the first time in the Boston Hospital Basketball League. The club is comprised of all-stars from the various teams that make up the MGH Basketball League.

As of the first week in March, the MGH team had a record of 7-1 and was in first place. Other teams in the league are from such hospitals as Children's, University, New England Deaconess, the Human Resource Institute, Boston City Hospital, Brigham and Women's, Boston State, and the Carter-Fuller Mental Health Center.

All games are played on Thursday evenings at 6:30, 7:30, and 8:30 at the Boston City Hospital gymnasium.

The MGH club is coached by John Favorito, Monitor Nurse, Vascular O.R. He said the team is a very talented one and is playing well together. But he added having a team of all-stars could have caused some problems, as well.

"It's hard for some of the players, who are the stars of their respective teams in the MGH Basketball League, to now come off the bench instead of being starters. But because the players on this particular team are so talented, they have been able to adjust to different roles and blend very well together."

So far this season, Rico Cox is the high scorer of the team averaging 15 points a game. The MGH squad hopes to continue its winning ways right into the playoffs, which begin next month.

Nutritional Highlights

by the Department of Dietetics

March is National Nutrition Month. Take an opportunity to improve your eating habits and your health during March. Do you want to lose weight? Should you eat differently if you exercise? Will eating less salt help control hypertension? You'll find answers to these questions through a series of special activities sponsored by the Department of Dietetics during this month.

Each week, special luncheon seminars will be presented in the Patio Room from 12:00-1:00 p.m. on the following topics: Hypertension--Does Salt Matter? (March 19) and Child Feeding--Tips for Happy, Healthy Children (March 28).

Special educational materials to highlight the themes of calories, snacks, vegetarianism, and calcium will be available in the cafeterias. Luncheon specials will also be featured.

Members of the MGH Basketball team competing in the Boston Hospital Basketball League. (Left to right, top row) John Favorito, coach, Forrest Mixon, Larry Washington, John Muellarmeister, Rico Cox, George White, and Ardel Callender, assistant coach. (Bottom row) Wally Spencer, Al Dillin, Joe Edwards, Ricky Thames, and Jun Dennis. Missing from photo are Mark Lang, Pat Garaghty, Bob Brooks, and Lee Jackson.

Women (continued from page 1)

appointment as Associate General Director symbolizes that long-term care is being brought into the mainstream of the hospital.

"Our population is growing older," said Miss Clark. "In the past decade, the elderly population in Massachusetts grew by 14.8 percent; the segment 85 years of age and older grew by 53 percent. This 'graying of America' is changing radically the patient mix in acute care hospitals. By 1978 the elderly accounted for almost half of the patient care days in acute care hospitals. Dr. Buchanan and the Board of Trustees are giving a high priority to developing programs to meet the growing needs of this group."

One example cited by Miss Clark was the hospital's recent acquisition of the Spaulding Rehabilitation Hospital.

One of the first two women ever appointed to the hospital's General Executive Committee, Miss Clark is only the third Director of Social Service since 1905 when the MGH became the first hospital to establish such a department.

A native of Daytona Beach, Florida, Miss Clark is a graduate of Lake Forest College in Illinois and the Smith College School for Social Work. She has won numerous national awards in the field of Social Work and has published several works. She is also a Professor at the MGH Institute of Health Professions.

Miss DiMaggio's appointment as Associate General Director is seen as a tribute to her personal achievements and to the importance of management of nursing at a large institution like the MGH. As Associate Director of Nursing and now Director of the department, Miss DiMaggio is highly regarded as both a nurse and an administrator. She supervises a department of 1,500 people and a large budget. At the same time she presides over a group experiencing a technological explosion.

She came to the MGH in 1968 to work with incoming director Mary E. Macdonald. Also a member of the hospital's General Executive Committee, Miss DiMaggio said she is pleased and honored to be named an Associate General Director.

"I think I have a thorough understanding of the entire institution and how it can best function for the benefit of the patients," she said. Miss DiMaggio also commented that as the length of stay for patients decreases, and the acuity of patients increases, it becomes essential to develop valid patient classification tools. It is equally important to select nursing personnel properly prepared to meet patient needs. "Emphasis in the next few years must be placed on identifying nursing interventions that make it possible for patients to leave the hospital earlier and remain in a home setting," she said. "Hopefully, the department will be far more active in the area of research."

Miss DiMaggio has been honored with many prestigious national awards, including being named Nurse of the Year in 1978 by the American Nurses Association.

Originally from Connecticut, Miss DiMaggio received her B.A. degree from Connecticut College for Women and her M.N. degree from the Yale University School of Nursing. For seven years she worked at New Haven Hospital and then entered Columbia University, where she was awarded an M.S. degree in teaching, curriculum development, and child health.

Following her graduation from Columbia, Miss DiMaggio became one of the four original faculty members at the University of Massachusetts School of Nursing in Amherst; one of the others was Mary E. Macdonald.

Both appointments are effective immediately.

E.W. clerks and support personnel busy during the night.

E.W. (continued from page 1)

see some 'street people' who come here to talk to somebody," said Dr. Jordan Garber, a resident in Psychiatry. "But most of those who come in and want to talk to a psychiatrist are people who are in some kind of distress. The important thing is to distinguish who will actually do harm to themselves or others. It's important to know what questions to ask and how to try to get the answers."

Asking the right questions is equally as important on the medical side, where Teresa Provenzano is the Triage Nurse on this particular winter's night.

"I see every patient who comes in," explained Ms. Provenzano. "I then refer them to the appropriate physician or clinic, if it's during the day. Some people use the E.W. as their regular medical care. But most come in with acute medical problems that have to be attended to quickly." The Triage Nurse added that she used to work in the Respiratory Intensive Care Unit (RICU), but she believes the E.W. promotes a greater sense of immediacy on a continual basis. "Our job is to save lives," she said. "And this is the front line in that respect."

The MGH/MEEI is one of three designated trauma centers in Boston. The others are Boston Emergency Medical Center (BEMC) which consists of University and Boston City Hospitals and the Longwood Trauma Center which consists of the Beth Israel, Brigham and Women's, and Children's Hospital consortium. These three centers fulfill the American College of Surgeons' criteria as Level I Trauma Centers because of their commitment to caring for the trauma patient and because of their therapeutic capabilities. Trauma is imperfectly defined as a sudden insult resulting from the body striking or being struck by some object. Electrical, thermal, and chemical injuries are also described as trauma.

On this particular night, there was one major trauma brought into the E.W. A patient had suffered severe injuries in a car accident and was transferred from a smaller suburban hospital. He was treated by several doctors, nurses, and technicians in the E.W. before being taken to surgery.

SMILE FOR THE CAMERA. Lisa O'Brien, a nurse on Burnham 5, takes time out to have her picture taken for her new I.D. badge.

Triage nurse Teresa Provenzano questioning a young patient and her mother to determine what is wrong with the child

Others brought in this night were involved in less serious accidents. "I saw the car windows come in right in front of my face," related one patient, as he described an accident in East Boston which sent him, his brother, and their father to the hospital. "I was thrown clear," he went on, "but my father was trapped inside. My van is just a motor and some metal now."

Not only do Emergency Room personnel help the injured and sick, but they help their families. "Sometimes it's harder on the families than it is on the patients," said Martha Murdough, an E.W. Admitting Assistant working the night shift. "There's nothing we can really tell them about their loved one--that's for the doctor to do--all we can do is make them as comfortable as possible and try to get another family member or close friend to stay with them, if necessary."

The night shift in the E.W. normally doesn't have the volume of patients that the day or evening shifts do. But even during the so-called quiet periods at night, the E.W. may not necessarily be a quiet place. Phones ring, Emergency Medical Technicians, and police come in and out, and the words "Medical Call" are spoken over the intercom at a steady rate.

"Medical Calls" are inquiries from people made over the telephone. "Most of the calls we get are questions about medications," explained a Medical Intern on duty, who answers most of the questions. "But other people call to tell us about symptoms they've been experiencing and ask whether or not they should come here to be examined by one of our doctors." Between 10 and 20 such calls usually come in during the course of a given night.

From 7 to 8 a.m. the day shift arrives. Those who worked at night briefed their daytime counterparts on what had happened during the last eight hours. "I hope you have a quiet day," said one E.W. employee to another as she walked out the door. "I hope so," the other replied, "but you never know."

THE MGH HOT LINE

March 22, 1984

News Office, Bulfinch 1, Ext. 2206

Commuting by Boat

With reconstruction of the Southeast Expressway under way, MGH commuters can travel to work by boat. Increased trip schedules are now in effect on COMMUTER BOAT LINES from the South Shore. Free parking is available at the respective marinas and the time for a one-way trip is approximately 30 minutes. For more details, please contact the individual boat line direct since schedules and rates vary.

Bay State Lines--Tel. # 723-7800 Two trips per day from Pemberton Pier, Hull, to Long Wharf, Boston. Round trip--$4.50, Weekly Pass--$18.00, Monthly Pass--$60.00.

Harbour Crossing Co.--Tel. # 773-5124. Twenty-four trips daily from Squantum, North Quincy, to Rowe's Wharf, Boston. Round trip--$5.50, Weekly Pass--$27.00. Will consider increasing trip schedules, if needed.

Mass Bay Commuter Service--Tel. # 740-1612. Fifteen trips daily from Hewitt's Cove Marina, Hingham, to Rowe's Wharf, Boston. Round trip--$6.50, Weekly Pass--$30.00.

Mass Bay Lines--Tel # 749-4500. One trip daily from Hewitt's Cove Marina, Hingham, to Rowe's Wharf, Boston. Round trip--$4.50, ten-ride pass--$18.00, Monthly Pass--$60.00.

The MGH Commuter Service Office, Ext. 2390, and CARAVAN, 227-POOL, are also available as a resource for car pooling lists or van pooling information.

If any MGH employee has come up with an unusual or innovative way of commuting to and from work during the expressway reconstruction, please let the News Office know about it (Ext. 2206).

Memorial Service For Dr. Ann Barnes

A memorial service will be held on Friday, April 6, at 2:00 p.m., for Dr. Ann Barnes. It will take place at Memorial Church in Harvard Yard, Cambridge. All employees are invited.

Adult Foster Care Week

Governor Michael Dukakis has proclaimed the week of March 25-31 as *Adult Foster Care Week*. A story about the MGH's Family Care Program in the Department of Social Service (Ext. 2660) will appear in a future edition of THE HOT LINE.

Due to a printing error, many issues of the March 15 edition of *THE HOT LINE* were delayed. They are still available outside the Payroll Office (Clinics 1), in the Post Office (Gray Basement), and in the News Office (Bulfinch 1).

Have Fun on the Run

It's the season for lacing up the shoes and going for a nice run. The third annual Boston Milk Run, sponsored by the Massachusetts Dietetic Association, will be held on Sunday, April 8. The ten-kilometer (6.2-mile) race begins at noon in front of Simmons and Emmanuel Colleges on Avenue Louis Pasteur in Boston's Fenway, continues to the Back Bay, around the Public Gardens, and winds its way out to Commonwealth Avenue to Park Drive, ending where it began. More than 6,000 runners are expected to compete for $20,000 in prize money for top Open and Masters runners, both male and female. A pre-entry fee of $6.00 is required, but the Roadrunners' Club has announced that it will pay this fee for any interested runner who works at the MGH. Applications are available on the Roadrunners' bulletin board across from the General Cafeteria. One goal of the Boston Milk Run is to encourage hospital employees to invest in their personal health and fitness, to lead a healthful life-style that combines a wholesome diet with a regular exercise program.

Meanwhile, more than 500 nurses from the Greater Boston area, including many from the MGH, will be participating in the "Second Annual Parker House Run for Nurses," to support the American Heart Associa-

(continued on page 2)

Run (continued from page 1)

tion's programs for research, education, and community outreach. The four-mile run will be held on Sunday, April 15, at noon, and will begin and end at the Parker House Hotel. Last year 300 nurses participated raising more than $15,000 for the American Heart Association.

Volleyball League Looks Ahead

The MGH Co-Ed Volleyball League has completed its winter season and is presently looking for an outdoor court or field for the summer season. More information on the league will be available in future editions of THE HOT LINE. If you are interested in playing volleyball this summer, please contact Donna Cutillo in the Pathology Office on Warren 2.

A Martial Arts Club?

Some interest has been expressed in starting an MGH club dealing with karate and the martial arts. If you are experienced in karate or just want to learn about the martial arts, please contact Frederic Preffer on Cox 5.

Missing Cart

A delivery cart has been missing from the Medical Records Department since January. The cart is made of tan, tubular steel and is open-shelved. It is 3½-feet high and 1½-feet long. If you have seen the cart or have any information as to its whereabouts, please contact Steve Downs at Ext. 2477.

MGH Night at the Pops

The 20th annual MGH Night at the Pops will be held on Wednesday, May 30, at 8:00 p.m. in Boston's Symphony Hall. All tables are on the floor level and seat five. Tickets are priced at $19.00 and $16.50 per person and will be issued in the order in which applications are received. Approximately 593 seats are available. No tickets or reservations will be sold after May 2, so order early. There will be no exchanges or refunds. Applications will be distributed with next week's paychecks. All tickets will be mailed by May 16.

Patient Teaching Fair

The Department of Nursing Patient Teaching Committee is offering an opportunity for the nursing staff to display patient teaching materials or audiovisual exhibits and posters in this year's Patient Teaching Fair, which will be held on Wednesday, May 16. Prizes will be awarded. Applications for project ideas should be sent by April 13 to Mary Donovan, R.N., in the Cox Building Basement, Ext. 8650.

Career Day

The Staff Education Department will host representatives from local colleges and universities, who will share information on their B.S.N. and M.S.N. programs. This Career Day will be held on Thursday, March 29, from 11:00 a.m. to 3:30 p.m. in the Walcott Room of the ACC.

Workshop Being Planned

MGH Continuing Education for Health Care Professionals is sponsoring a one-day workshop on GROUP THERAPY WITH THE HOSPITALIZED PATIENT, on Monday, April 2 at the Sonesta Hotel in Cambridge. The instructor is Irene Rutchick, MSSS, LICSW. The tuition is $76. Workshop participants are eligible for tuition aid under the usual guidelines. To register, please contact: Continuing Education, MGH Institute, Bartlett 5, Ext. 8010.

Around MGH

Dr. Michael Rosenblatt, Chief of the MGH's Endocrine Unit, recently served as a member of the selection committee which awarded the first Vincent du Vigneaud Awards for Young Investigators in Peptide Research. The Awards were established this year in honor of Dr. du Vigneaud, an American biochemist who received the Nobel Prize in chemistry in 1955 for the first synthesis of a peptide hormone, oxytocin.

Dr. Allan P. Reed, who served his residency in anesthesia and was also a research fellow in anesthesia at the MGH, has been appointed Chief of Anesthesiology at St. Mary Hospital in Hoboken, New Jersey. Dr. Reed was previously Assistant Professor of Clinical Anesthesiology at the College of Physicians and Surgeons of Columbia University and an anesthesiologist at Presbyterian Hospital and the Mass. Eye and Ear Infirmary.

THE MGH HOT LINE

April 12, 1984

News Office, Bulfinch 1, Ext. 2206

"Best Doctors"

The MGH was well represented in a survey published in the April, 1984 issue of Good Housekeeping magazine. In a story entitled, "The 120 Best Doctors in America," more than 400 department chairmen and clinical program chiefs at 87 medical schools were asked to name the doctors they considered to be the best in each of 24 specific medical specialties. They were also asked not to name any doctors at their own institutions or to cite doctors who never see patients. Of the 120 listed, eight came from the MGH, the highest number of any single hospital included in the survey. Those from the MGH cited in the poll were: Dr. Roman W. DeSanctis, Director of Clinical Cardiology; Dr. Thomas B. Fitzpatrick, Chief of Dermatology; Dr. John T. Potts, Jr., Chief, General Medical Services; Dr. Kurt J. Isselbacher, Chief, Gastrointestinal Unit; Dr. Morton N. Swartz, Chief Infectious Disease Unit; Dr. Robert G. Ojemann, Visiting Neurosurgeon; Dr. William H. Harris, Chief, Hip and Implant Service; and Dr. Henry J. Mankin, Chief of Orthopaedics.

The MGH Post Office will be closed all day on Patriot's Day, April 16.

Chapel Services

Holy Week, Easter, and Passover services for patients and employees will be held in the MGH Chapel. The following is a schedule of services:

Holy/Maundy Thursday, April 19--
Protestant Communion Service at 12:15 p.m. Mass at 4:00 p.m.

Good Friday Service, April 20--
Ecumenical Good Friday Service at 12:15 p.m. Catholic Service at 4:00 p.m.

Holy Saturday, April 21--
Easter Vigil Mass at 7:00 p.m.
(No 4:00 p.m. Mass)

Easter Sunday, April 22--
Easter Mass at 4:00 p.m.

Passover Yizkor Service will be held for patients and employees on Tuesday, April 24, at 12:45 p.m. in the MGH Chapel.

MGH Directories Available

The 1984 MGH telephone directories have been delivered, and two copies have been sent to each department with information on how to receive any additional copies. If you need a book and haven't received it yet, please check with your department or service secretary. Additional copies are available at the Communications Office, White 13.

Grant Awarded

Researchers at MGH have received a $160,000 grant from the American Cancer Society to investigate the role of certain white blood cells, normally disease fighters, in the development of cancer. These white blood cells, called phagocytes, combat diseases by reacting with oxygen to produce toxic chemicals (oxygen radicals), which kill bacteria and other foreign invaders. "We suspect, however, that if the body is subjected to more of these oxygen radicals than it can conveniently detoxify, as it is with chronic inflammatory diseases, its defenses can become overwhelmed,and tissue damage results," said Dr. Sigmund A. Weitzman, Director of the Oncology Clinic. "The damaged tissue may be more susceptible to cancer." To determine whether the products

(continued on page 2)

Economist Remembered

Obituaries appeared across the country in many publications, including the New York Times, for Otto Eckstein, world famous economist and educator, who died of cancer on March 22 in the MGH's Phillips House. A cofounder of Data Resources, Inc., a leading economic forecasting firm, Dr. Eckstein served as an economic advisor to Presidential Administrations. He was the Paul M. Warburg Professor of Economics at Harvard University.

Marathon Relay

The MGH has been invited to participate in the Xerox Marathon Relay on Saturday, April 28, at 10 a.m. at Curry College in Milton. Teams for the race must be composed of ten employees, at least two of whom must be women. The winner of the regional race will then become eligible to compete in the Xerox Marathon World Championships next month in Buffalo. Awards will be made to the fastest man, fastest woman, and the second- and third-place teams. If you can run 2.6 miles and would like to participate, please contact Jan V. Montero (Ext. 2205) by April 19.

Nurses' Road Race

A National Nurses' Day Road Race to benefit the Mass. Nurses Foundation Scholarship Fund will be held on Sunday, May 6, at noon, on Beacon Street by Boston Common. The 10-kilometer (6.2-mile race) is sponsored by District 5 Inc., Mass. Nurses Association. Advance registration fee is $6.00. Applications are available on the Runners' Board outside the General Cafeteria. Registration will be held on May 5 and 6 at the Hampshire House, 84 Beacon Street. For more information, please contact Jean McCarthy, Phillips 5, Ext. 3230.

Golf Season Set to Begin

The MGH Twilight Golf League will begin its new season the week of April 29. All golfers are welcome to join. A meeting will be held in the Patio Room on Tuesday, April 17, at noon, to acquaint all golfers with the league and the schedule for the season.

Program Praised

Staff Education and Nursing Studies recently presented a program entitled Developing Communication: Verbal and Nonverbal Skills. The keynote speaker was Joan Lebach, M.S.W., L.I.C.S.W., a psychiatric social worker at the Chelsea Memorial Health Care Center of the MGH. She talked about Neurolinguistic programming. The lecture was very well received by those who attended. As one person put it, "Without exception, this was the best workshop I have attended in or out of the MGH in quite some time."

Around MGH

Lucille Shurkus, an Operating Room In-Service Instructor, spoke recently at the 31st Association of Operating Room Nurses National Congress held in Atlanta, Georgia. The subject of her address was "Intraoperative Radiation Therapy."

Dr. Deanna Pearlmutter, Chairman, Psychiatric Nursing Service and Nurse Administrative Officer of the Phillips House, has coauthored an article entitled, "The Suicide Watch: A Re-examination of Maximum Observation," which appears in the latest issue of Perspectives in Psychiatric Care.

The Greater Boston Forum for Health Action, Inc., has received a $100,000 grant to develop a program directed at containing health care costs and improving accessibility of the health care system in the Boston area. Dr. J. Robert Buchanan, MGH General Director, is a member of the convening group which created the Forum. The award was announced by The Robert Wood Johnson Foundation of Princeton, New Jersey, as part of its nearly $20 million national effort called "Community Programs for Affordable Health Care."

Grant (continued from page 1)

cause or contribute to the development of the disease, the researchers will use the grant from the American Cancer Society to explore the relationship between the inflammatory phagocyte products and the subsequent occurrence of cancer.

Earlier MGH research showed that phagocytes can cause changes (mutations) in bacteria and in DNA (the chemical component of genes) in hamster cells. In the present study, researchers will extend their investigation of phagocytes to laboratory animals, including hamsters and mice. Investigators have suspected for some time that chronic inflammation is associated with the development of certain cancers.

April 19, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

MGH Employees Shine as Lights Don't

"Come, gentle Spring, ethereal mildness, come"--James Thomson

Total Human Body Pictures Produced by NMR

The MGH is believed to be the first hospital in New England to obtain "pictures" of the total human body using a recently installed device that relies on the pull of a high-powered magnet. Nuclear magnetic resonance (NMR) imaging can aid doctors in diagnosing strokes, tumors, heart attacks, and other disorders without subjecting the patient to X rays or other potentially harmful techniques.

NMR imaging is a painless procedure that is totally noninvasive; that is, it avoids putting anything inside the body, either by injection or by surgery. The test requires the use of a magnet with a magnetic field that is several thousand times stronger than the Earth's magnetic field. Doctors then employ a computer to convert the information which the magnet gleans from the body's tissues into a two-dimensional image of the particular body part.

Although doctors at the MGH have just recently begun studies on the total body scanner, the NMR technique is not new to the hospital. Scientists here pioneered some of the work in creating NMR imaging. And, for the past four years, they have conducted research on a smaller unit, which accommodates the human head. With the aid of spectacular "pictures," the MGH's new total body scanner is already revealing information about the structure and function of tissues that cannot be obtained from any other source.

"Studies conducted thus far at the MGH suggest that NMR's diagnostic capability is equal or superior to that of a CT (computed tomography) scan, particularly in the brain," said Dr. Thomas J. Brady, Director of Clinical NMR at the hospital. And, unlike CT which requires the use of X rays, NMR does not expose

(continued on page 2)

Volunteers Honored At Recognition Ceremonies

Two people, who between them have volunteered approximately 14,000 hours to the MGH, were among those honored during Volunteer Recognition Day ceremonies, held April 11, in the ACC Cafeteria.

Constance Thibodeau and Charles Snelling each received the Jessie Harding Award for outstanding volunteer service to the hospital.

Ms. Thibodeau, chairman of the MGH Flower Shop, has given more than 7,500 hours to the hospital since 1975. And in the last three years

(continued on page 3)

Among those honored during Volunteer Recognition Day were (left to right) Charles Snelling, Constance Thibodeau, and Michael Cuddy.

The vernal equinox did arrive at precisely 5:25 a.m. on Tuesday, March 20. But it was difficult to find spring in the air either outside or inside the MGH. And if you were one of the many who were plunged into complete darkness as a result of the power outage, it was probably difficult to find anything at all!

An explosion in a Boston Edison manhole damaged two of the three electrical lines leading into the MGH. During the outage, the hospital quickly converted to its emergency power system to supplement the greatly reduced electricity being provided by the power company.

Much of this electricity went to the patient care areas of the hospital but was either cut back or added to other areas throughout the day depending on the need. Emergency surgery did take place, but some elective surgery was postponed.

The distribution of electricity was watched closely by Facilities Engineering Manager Anand Seth and by Maintenance Manager Tony Giarrusso, who kept in touch with Boston Edison officials constantly throughout the day and into the night.

(continued on page 4)

If the Outage Wasn't Enough...

Just nine days later, employees had to contend with a messy snowstorm, which forced people to hang on to their hats as well as anything else they may have had on.

NMR (continued from page 1)

the patient to radiation. NMR has proven useful in pinpointing hard-to-locate tumors at the base of the brain. The device is also effective in detecting multiple sclerosis, a disease that often evades early diagnosis.

Because of the limited size of the imaging unit, past NMR studies at the MGH have centered primarily on neurologic problems. Doctors believe, however, that NMR imaging has great potential in diagnosing disorders of the spinal cord, the heart, and other regions of the body.
"NMR scanning appears to have a number of advantages over other diagnostic devices in many areas," said Dr. Joseph B. Martin, Chief of the MGH Neurology Service. "But I believe NMR will complement rather than replace CT."

NMR is clearly superior to CT in detecting multiple sclerosis and seems capable of detecting strokes within a day versus a CT's three days. On the other hand, CT has some advantages over NMR. For example, NMR provides no signals from compact bone whereas CT's strongest signals originate in bone. Also, scanning with CT is accomplished more quickly. A patient with an acute head injury, who might also have a fractured skull, would benefit much more from CT than NMR.

Because research funding is available, the hospital is not charging patients who undergo the procedure.

The NMR procedure has proved thus far to be risk-free. Certain patients, such as those with metal devices like pacemakers, are excluded from NMR testing since the magnetic field might interfere with such instruments.

One of the purposes of NMR imaging at the MGH is to evaluate the effectiveness of the device and determine to which uses the device is best suited. The hope is that by careful study the hospital will provide guidelines for the MGH and other institutions to follow and thus help avoid putting NMR to uses for which other diagnostic devices might be more appropriate.

Pending approval for general use by the Food and Drug Administration, NMR imaging is still an investigational device. That authorization is expected within the next few months.

The MGH began conducting NMR imaging research in 1979 through a contractual agreement with the Johnson & Johnson Company's Technicare Corporation, which provided the hospital with imaging equipment that the MGH helped to develop. The doctors will continue to perform basic research on those devices.

Members of the news media got to see how NMR imaging works at the MGH with the help of patient Patricia Loughlin.

First Talamo Lectureship Held

The MGH hosted the first Richard C. Talamo Lectureship on Tuesday, April 3, in the Shriners Auditorium.

Dr. Pamela Davis, Associate Professor of Medicine at Cleveland Veterans Administration Hospital and Case Western Reserve University, delivered the lecture on her studies relating to the Autonomic Nervous System in Cystic Fibrosis.

The Lectureship was established in memory of Dr. Talamo, who was an intern at the MGH from 1961 to 1962. After serving as a Clinical and Research Fellow at the National Institutes of Health, Dr. Talamo returned to the MGH in 1965 as Chief Resident in Pediatrics. He later did research at the MGH.

Dr. Talamo moved to Baltimore in 1974 to become Deputy Chairman of the Department of Pediatrics and Director of the Pediatric Pulmonary-Immunology Division at Johns Hopkins. In 1979 he served as Acting Chairman of the Department of Pediatrics at Hopkins.

He became Chairman of the Department of Pediatrics at New England Medical Center in 1980.

Dr. Talamo died of cancer in 1981, at the age of 46.

The Lectureship was created through simultaneous efforts at the MGH, New England Medical Center, and Johns Hopkins. At the MGH, this effort was led by Dr. Daniel C. Shannon, codirector of the Pediatric Pulmonary Unit, and by Susan P. Pauker, a member of the Department of Genetics, with the support of Dr. Donald N. Medearis, Jr., Chief of the Children's Service.

The Lectureship was supported by donations from Dr. Talamo's colleagues and friends at the three institutions and from fellow researchers around the world. In addition, the first year of the Lectureship was generously supported by the Cystic Fibrosis Foundation.

New England Medical Center and Johns Hopkins will be hosting the Lectureship in future years on a rotating basis with the MGH. More than $20,000 has been contributed as an endowment.

"People here at the MGH felt very strongly about Dr. Talamo," said Dr. Shannon. "Besides being a first-rate researcher and teacher, he was a very compassionate, thoughtful person." Dr.Shannon added that this Lectureship is somewhat unusual in that it involves members of three institutions. "The fact that the MGH, New England Medical Center, and Johns Hopkins all got together to create this, I think, is a real tribute to Dick Talamo," he said.

Dr. Pamela Davis delivering the first Talamo Lecture

Nutritional Highlights
by the Department of Dietetics

Cholesterol is in the headlines again due to the recently published results of one of the most expensive research projects in medical history. The study, which followed 3,800 men over a period of 10 years and cost over $150 million, had two striking conclusions:

1) Heart disease is directly linked to blood cholesterol levels.
2) Lowering cholesterol levels significantly reduces the incidence of fatal heart attacks.

The cardiologist who directed the study, Dr. Robert Levy, summarized the results by saying, "If we can get everyone to lower his or her cholesterol level 10% to 15% by cutting down on fat and cholesterol in the diet, heart attack deaths in this country will decrease by 20% to 30%."

The results of this important study have received much attention in the media from a cover story in the March 26, 1984 issue of Time magazine to a one-hour discussion on ABC's "Nightline."

Cholesterol intake alone, however, is not the only culprit. The level of saturated fat in the diet (fats found in animal products such as whole milk, cheese, butter, and meats, as well as in coconut and palm oils) has been implicated as well, because saturated fats have been shown to raise blood cholesterol levels.

The following guidelines will help you to decrease the cholesterol and saturated fat content in your diet:

1) Use margarine and vegetable oils instead of butter.
2) Reduce your intake of fatty red meats, cold cuts, and sausages. Substitute with fish, turkey, chicken, and lean red meats.
3) Restrict intake of shrimp and liver, which are both very high in cholesterol.
4) Use skim or 1% milk instead of whole milk. Use low-fat yogurts, skim milk cheeses, and ice milk products.
5) Restrict intake of egg yolks, including those used in baking. Instead use egg whites or commerical egg substitutes.
6) Avoid fried foods and foods prepared with rich sauces and gravies.

Emiline Sealy (foreground) and Barbara Owens from the Department of Dietetics prepare a special drink served to patients during National Nutrition Month.

Bruins Wives Score Big For Children's Service

While the Boston Bruins have been known to deliver their checks on the ice, their wives recently delivered a large check off the ice...right here at the MGH.

A check totaling $38,000 was donated by the Bruins wives to the MGH's Children's Service. The money was raised from the sale of Bruins calendars and from proceeds donated at a dinner/dance fashion show.

This is the first year the wives have been associated with the MGH. They said they enjoyed every minute of it. And the Chief of the Children's Service remarked that the feeling is certainly mutual.

"I am delighted that the Bruins Wives Association has chosen to benefit the Children's Service," said Dr. Donald N. Medearis, Jr.

Donna Kausek and Lucy Crowder present a check for $38,000 to Dr. J. Robert Buchanan, MGH General Director, (far left) and to Dr. Donald N. Medearis, Jr., Chief of the Children's Service. Young Kevin Crowder also gets into the act.

"Their generosity, enthusiasm, and support is very stimulating and refreshing! I look forward very happily to our continuing relationship with them."

And that sentiment was echoed by Anne Sheetz, Director of Pediatric Nursing. "The Bruins wives have made a most generous contribution to the Children's Service,"she said. "We look forward to continuing our mutual efforts in caring for our children and their families."

Among those wives working closely with the Children's Service and the MGH Volunteer Department in organizing the activities were Donna Kausek (wife of physical therapist Jim Kausek), Debbie Milbury (wife of defenseman Mike Milbury), and Lucy Crowder (wife of forward Bruce Crowder).

"Adult Foster Care Week" Recognized by State

Nearly six years ago, the MGH along with Johns Hopkins Hospital, was the first hospital in the country to begin an innovative program that involved placing elderly or frail adults in "foster homes" instead of nursing homes.

Today, the MGH's "Family Care Program," under the direction of the Department of Social Service, has become a model for similar programs across the country. And for the first time, the Commonwealth of Massachusetts has recognized such programs with a proclamation having declared the week of March 25-31 as "Adult Foster Care Week."

The purpose of Foster Care is quite simple. Instead of the hospital placing an elderly or frail person into another institution, such as a nursing home, this person leaves to live with a family, who cares for his or her physical and emotional needs.

"These are people who can no longer live alone and who may not have a family of their own to care for them," explained Ellen Pskowski, a social worker at the MGH who helps find homes for these patients. "So we match them with a family, have the patient meet the family, and if they seem compatible, the patient lives as a member of that family in its home."

The program also accepts referrals from sources other than hospitals. People can even refer themselves to the program.

But Ms. Pskowski emphasized that the role of the Social Service Department does not stop with the placement. "We are very actively involved to make sure that things go well," she said. "A nurse and a social worker work as a team to stay in close contact with the patient and the foster family."

Each family is paid a certain amount of money every month, and the program has been approved for Medicaid funding.

In his proclamation, Governor Michael Dukakis stated, "The host home offers a warm and caring environment that has great therapeutic value in maintaining the psychological and physical well-being of the participants."

More than 200 families throughout Massachusetts are currently involved, with about 30 participating in the MGH program, which is under the direction of Eleanor Clark, Associate General Director of the MGH and Director of the Department of Social Service. It was Ms. Clark who developed the idea for the Family Care Program in 1978.

"Family Care has proven to be of great benefit to both the patients and their families," said Ms. Clark. "We have found that the number of hospitalizations for these patients has decreased. And if there are children in the family, in many cases, it has added a generation to the children's experience."

Several months ago Mount Auburn Hospital and Brigham and Women's Hospital adopted similar programs in cooperation with the MGH.

If you are interested in caring for an elderly person in your home, you may contact the Social Service Department at Ext. 2660.

During an open house held last month in conjunction with Children and Hospitals Week, Michael Kelley, with the help of Anne Sheetz, Director of Pediatric Nursing, got to hear how his heart sounds.

Sy Gagne, a retired member of the MGH Paint Shop, recently returned with his brush to do some touch up work above the entrance to the Chapel.

Volunteers (continued from page 1)

alone, she has volunteered an average of 41 weeks of full-time service. Despite her demanding responsibilities, she also served as chairman of the Dedham-Dover Special Gifts Campaign.

Since 1978, Charles Snelling has given more than one thousand hours a year to the MGH. A former employee for 18 years, Mr. Snelling's knowledge and commitment to the MGH has made him a valued and popular tour guide, both to new employees and to those who are interested in the hospital's history. "You bring accuracy and skill to the many clerical tasks you undertake," remarked Maeve Blackman, Director of the Volunteer Department."And in the Flower Shop, you intersperse good humor with the rosebuds."

The fifth annual Trustees' Award was given to Michael Francis Cuddy. This award is presented to a member of the staff who has made a significant contribution to the effective deployment of volunteers in the hospital. Mr. Cuddy orients, trains, and supervises volunteers in the Recreation Therapy Program, where he works.

A special citation was presented to Manny Costa for distinguished service to Portuguese patients and their families.

The following volunteers received Picture Awards: Frances Aldrich, Jean Brown, Ida Cerbone, Jack DiBona, Richard Frank, Dory Howard, Mim and Ann Huggard, Helen Jones, Ann Kane, Joan LaRovere, Ann Lee Lindsey, Norma Love, Barbara Newton, Tina O'Connell, Marguerite Ryan, Luz Toro, and Jean Westheimer.

Discount Coupons Available

Discount coupons for the ferry to Martha's Vineyard and Nantucket are now available in Staff Records on Bulfinch 2.

Tony Ricci (left) and Rowan Baptiste operate the oven by hand in the White Building Kitchen.

Outage (continued from page 1)

During the day, the Purchasing Department arranged for the delivery of 75 blocks of dry ice and a shipment of flashlights and batteries. The dry ice was needed in the research labs to preserve experiments.

Service was disrupted shortly after 4 a.m., with full service restored around 12:30 a.m. on March 21. However, it wasn't until a few hours later that the hospital was completely on line again. MGH General Director Dr. J. Robert Buchanan issued two memos on the situation, the first coming at 7:30 a.m. on Tuesday.

As a result of the outage, Mr. Seth is now contacting several departments to find out what problems they experienced during the outage and how these problems can be avoided in the future.

How was it to have electrical service disrupted for nearly 24 hours? It was, as they say, all a matter of perspective.

For many employees, it was a day to remember. For others, it was certainly a day to forget...as quickly as possible.

Some employees had to rely on the light from their window, as did Nurse Recruiter Jan Swanson.

Many employees found March 20 to be a day to break old habits, such as using elevators or having that first cup of coffee. But this was done out of necessity, not choice. It was also a day marked by key words, such as improvise, adapt, conserve, and most importantly, patience.

But for most, actions spoke louder than any words could.

"The employees turned what could have been a potential disaster into a safe, manageable situation," asserted Stephen Kauffman, Director of Operations. "For a while there was a possibility that we could have used in excess of what we had available and might have lost all power. But our electricians kept a close watch on the situation all day to see that that didn't happen. And we have all the employees to thank for that. The MGH staff is a group of people I'd gladly go through any crisis with."

And Dr. Buchanan added that the events of the day demonstrated the caliber of people who work here. "They were marvelous," he said. "I think they show their best when they respond to a crisis."

Some examples:
With no power in the Baker Building Kitchen, personnel from the Department of Dietetics prepared all the meals for the patients and employees, from the White Building Kitchen and the ACC Cafeteria Kitchen. Despite a total loss of electricity for a time in the White Building Kitchen, all the meals got out and on time. "We were able to serve hot food to most of the patients," explained Ruth Palombo, Assistant Director of Dietetics, "and we served delicious meals to our patients at lunch and dinner."

Getting the food out was one thing; delivering it was something else entirely.

"Since there were no elevators running during lunchtime in the Vincent-Burnham Building, food service aides, diet aides, and dietitians took the stairs in order to deliver trays to patients," said Ms. Palombo. "Everyone pitched in, and there was very little disruption in service throughout the entire day. The people in our department were just fabulous!"

During most of the day there was, with the exception of the Vincent-Burnham Building, at least one elevator in operation in each building. Supervisors from the Department of Environmental Services were on many of these elevators making sure that the needs of the patients were coming first. They were being assisted outside the elevators on the first floor by MGH Volunteers, who were informing employees and visitors of the situation.

Environmental Services personnel also helped Dietary employees distribute food trays by walking up and down stairs. In addition, these workers helped Materials Management with the distribution of linen and CSR equipment. They also had to use a "Hoky" system to clean carpeting by hand.

Members of the Communications Office had to adopt a manual system, as well, since their paging computer and their computerized directory could not be used. Their job also became more complicated because, for a time, there were no lights or bells to indicate incoming calls. But under the direction of Assistant Communications Center Manager Beverly Campbell, all calls were handled in an efficient manner. "Our load of traffic on our paging system doubled during the outage," she said. "Many of our employees even had to skip their lunches. But everyone gave an extra effort to make sure every call was handled as quickly as possible under the circumstances."

Employees from many other departments in the hospital spent much of the day either clutching flash-

Roy Walvick of Medical Records with a pen in one hand and a flashlight in the other

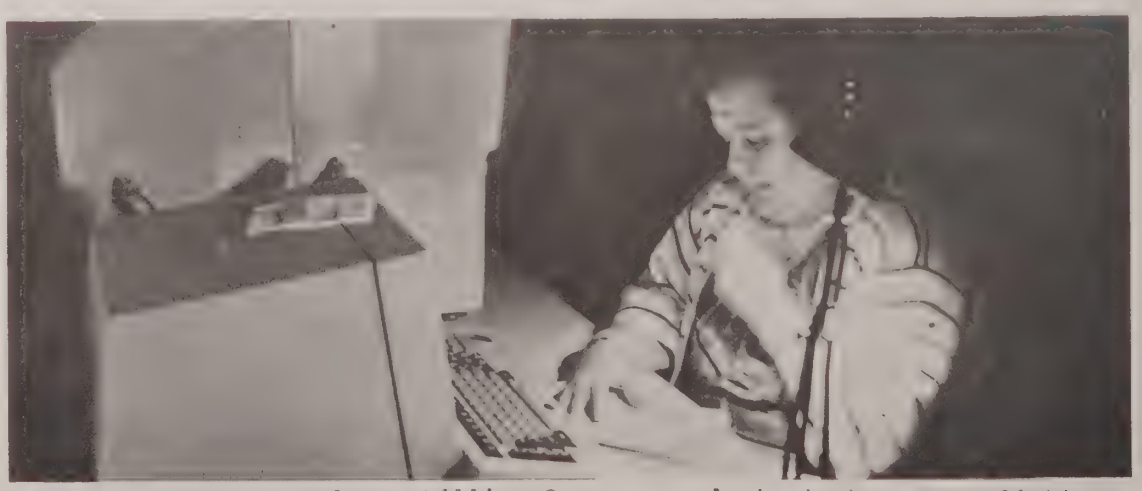
lights, as they did in Medical Records, working by windows, as they did in Bartlett Hall, or by doing paperwork in a corridor, as they did on Bulfinch 1. It was a good day to catch up on some paperwork since most computer terminals did not function.

Security was increased in dimly lit areas, especially in the parking garages.

Although the darkness was an inconvenience for many, it served to enhance a certain atmosphere for some. At the 4 o'clock service in the Chapel, for example, candles were used in the manner of a candlelight ceremony. And, of course, for some children on the Burnham floors, dim lights added to the excitement of a stay in the hospital.

However, their enthusiasm was not shared by everyone, even though most would agree that March 20, if nothing else, was an interesting day. "But frankly," remarked Dr. Buchanan, "I think I could do with a few days that weren't this interesting."

Many of us would undoubtedly agree.



Patients' Index employee Lillian Cosman was lucky to have some light.

THE MGH HOT LINE

April 26, 1984

News Office, Bulfinch 1, Ext. 2206

MGH Plans Two Patient Towers

The MGH is planning two inpatient towers to replace patient care buildings that are growing obsolete.

"We're not going to add one bed in the process," said Dr. J. Robert Buchanan, General Director. "What we are going to do is to provide our patients with comfortable rooms that allow for efficient use of our modern technology. Our patients have a right to facilities that match the excellent care given by our caretakers. And increased efficiency will make the task easier for our employees."

A 24-story tower would contain 360 beds. A second 16-story tower will house another 300 beds.

The architectural firm of Hoskins Scott Taylor and Partners Inc. has designed the buildings to allow patient care to continue during the construction. First, tower one would be constructed on the site of the Temporary One building, situated between the Phillips House and the White Building. Then beds from the Baker Building would be moved into tower one, and the Baker Building would be torn down to make way for tower two. This new building would contain beds from the Phillips House and the Vincent-Burnham Building.

The buildings will permit maximum flexibility in patient care rooms to increase efficiency and to moderate costs. To keep from borrowing large sums at high interest rates, which is the usual procedure for hospitals modernizing their buildings, the MGH is attempting to raise the necessary funds through the Capital Campaign. Achievement of this goal would allow the hospital to avoid raising patient charges to pay for high interest.

In designing the towers, the architect has tried to blend aesthetics and function. Instead of siting a building on Charles Street near the River, the land now occupied by the Phillips House will be open space.

The mirror effect of the glass facade of the tower will reduce the sense of bulk that pervades most tall buildings. By having two tall towers, the design avoids spreading the complex over a larger area.

The architectural firm also heeded the MGH desire to avoid intruding on non-MGH housing. Interference with views and casting shadows were considerations woven into the design.

Originally the shorter tower was to rise 18 instead of 16 floors. In response to objections from owners of Charles River Park, however, the MGH

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In Sporting News...

If you ran in this year's Boston Marathon, the News Office would like to know about it. Please call Ext. 2206 with your name and time. The names and times of MGH runners will be published in a future edition of THE HOT LINE.

The MGH Co-Ed Volleyball League is seeking players for the outdoor summer season. Games will be played every Thursday at 6:00 p.m., beginning May 17, at the Puoppolo Field, located in the North End. For more information, please contact Donna Cutillo at Ext. 1880.

CONGRATULATIONS TO THE DIABETES GENERALS, CHAMPIONS OF THE MGH BASKETBALL LEAGUE!

Better Speech and Hearing

The month of May has been designated as Better Speech and Hearing Month by the American Speech-Language-Hearing Association. Activities are being planned throughout the month at all three units of the MGH's Speech-Language Pathology Department.

MGH: Week of May 14:
* Posters and handouts in ACC and White Building Lobbies
* Free hearing/speech/voice screenings on Tuesday, May 15, 12-2 p.m. in ACC 637. Bring your hospital card.
* Annual lecture sponsored by the Language Disorders Unit on Saturday, May 19, at 10 a.m., in the Walcott Room. "Language Disorders: A 50-Year Retrospective," by Dr. Edwin M. Cole.

Bunker Hill Health Center: Week of May 21:
* Posters and handouts throughout the health center
* Free hearing/speech/voice screenings on Monday through Wednesday, May 21-23, from 12-1 p.m. in the Speech-Language Pathology Department on the second floor. Bring your hospital card. Screenings open to the public and staff on May 21 and 23; for staff only on May 22.

Chelsea Memorial Health Care Center: Week of May 28:
* Posters and handouts throughout the health center
* Free hearing/speech/voice screenings on Wednesday, May 30 from 12-1 p.m. on the third floor, Speech-Language Pathology Department

Time is Running Out

Hurry and get your tickets for MGH Night at the Pops, to be held this year on Wednesday, May 30, at Symphony Hall. No tickets will be sold after May 2. All tickets will be mailed by May 16.

MGH in the Media

Three physicians will be featured on a program dealing with future advances in medicine, scheduled to be telecast on Sunday, April 29, from 8-9 p.m. on WBZ-TV (Channel 4). Appearing on the show will be Drs. James F. Gusella, Wayne A. Miller, and John A. Parrish.

Towers (continued from page 1)

decided on the revision. With fewer floors, though, 51 of the new patient rooms will lose the flexibility that was to have been built into them and therefore will have reduced efficiency. By lowering the structure, the MGH will make it possible for residents on the top two floors of Longfellow Place, who have a sweeping river vista, to also retain their view of Kendall Square.

To conform with Boston Redevelopment Authority procedure, the MGH notified that body of its building plans first. Then the hospital began meeting with Beacon Hill organizations and last November sought a meeting with the chief executive officer of Charles River Park to discuss the plans. In December when his schedule permitted, the MGH showed him the detailed design.

Traffic patterns, parking, and congestion were carefully considered. The MGH currently has three shuttle buses serving remote major parking facilities in the Nashua Street area. The hospital has under study a plan to expand both the shuttle service and the parking in that area.

The construction will provide a major increase of open space. The south and west sides of the complex will be opened up to the public and pedestrians in a significant way. The new entrance drive from North Grove Street to Charles Street will provide generous pedestrian access as well as vehicular access.

A model of the proposed towers will be displayed in the Warren Building Lobby.

"Hospital design involves particularly difficult problems," said Lawrence E. Martin, Associate General Director. "There is no such thing as a perfect design. But when you weigh all the considerations that had to be balanced, the results really reflect what we believe is a good compromise among patient, cost, ecology, urban design, and community needs."

THE MGH HOT LINE

May 3, 1984

News Office, Bulfinch 1, Ext. 2206

Thinking About College?

Who said completing a degree part time takes a lifetime? A number of innovative degree programs are now recognizing that living is an education. If you feel you might benefit from intensive, practical education which combines work and school, plan to come to the Education Open House on Tuesday, May 8, between 11:30 and 1:30 in the Patio Room next to the General Cafeteria. Representatives of Boston University's Metropolitan College, Lesley College's Programs in Management for Business and Industry, and UMASS/Boston's College of Public and Community Service will be available to answer questions. Those employees who are currently students are encouraged to drop by to share their experiences with interested employees.

Discounts Available

Discount coupons for Benson's Animal Farm are available in Staff Records, Bulfinch 2. Other discounts available for MGH employees include the ferry ride to Martha's Vineyard and Nantucket and coupons for Alamo and Budget rent-a-car.

A Learning Experience In a Vacation Setting

Relax in Newport, Rhode Island, while you learn new clinical skills, expand your knowledge, and interact with faculty and colleagues the weeks of July 15, 22, and 29. This year's program includes weeklong seminars in pediatrics and gerontology, an update in management techniques and technology, and many additional and specialized courses. Participants may register for single courses or for a week-long series. Classes are held at the Salve Regina College, located along the ocean and adjoining some of Newport's most famous mansions. Most courses meet mornings and evenings leaving afternoons free to relax and explore scenic and historic Newport. CEUs are available; room and board are offered at a low $36 per day double occupancy. Eligible staff may apply for tuition aid through the Tuition Aid Office (Ext. 2230). For a 1984 MGH--Newport--CE brochure, call the Continuing Education Office, Bartlett 5, at Ext. 8010.

MGH in the Media

Dr. Stephen Dretler, an MGH urologist, has been interviewed recently by several television and radio stations, locally and nationally, and by national publications concerning the use of the lithotripter at the MGH.

Dr. Michael S. Jellinek, Chief of Child Psychiatry, and Dr. Eleanor Hanna, Clinic Director of the West End Group Practice, were interviewed recently for a program called "To Your Health," which is nationally syndicated on PBS. Dr. Jellinek spoke about depression in adolescents, while Dr. Hanna talked about studies relating to alcoholism in women.

Dr. Grant V. Rodkey, an MGH surgeon, was interviewed recently by WHRB Radio on the subject of a new request by the American Medical Association for doctors to freeze their fees. Dr. Rodkey is a past president of the Massachusetts Medical Society. Dr. Rodkey also participated in a panel discussion on what patients like in their doctors. This was broadcast on WRKO Radio.

Around MGH

Dr. Robert T. McCluskey, Chief of Pathology at the MGH, was named President-elect of the International Academy of Pathology, at the Academy's 73rd annual meeting, held recently in San Francisco. The IAP's primary objective is advancement of research, education, and training in pathology. At that same meeting, Dr. George Murphy, a clinical associate in Pathology at the MGH, received the fourth Benjamin Castleman Award, given to a pathologist under the age of 40 who has published the best scientific paper on human pathology in 1983. The award was established in 1981 by former students and colleagues of the late Dr. Castleman, who was Chief of Pathology at the MGH from 1953 to 1974, and Acting General Director in 1972. Dr. Castleman was noted especially for research and writing on the thymus and parathyroid glands.

Dr. Robert W. Carey has been elected to a two-year term as Chairman of the MGH Staff Associates' Executive Board.

Psychiatric Clinical Specialist Ann Locke and Clinical Social Worker Meryl Danitz were guest speakers recently at the Massachusetts Department of Public Health Rounds held in Boston. This special program, entitled, "The Psychosocial Dimensions of Acquired Immune Deficiency Syndrome," was sponsored by the Massachusetts Task Force on AIDS. Ms, Locke and Ms. Danitz discussed MGH's experiences in treating AIDS patients. They also described their proposal to implement a support group at the MGH for this population.

Kathryn Pazola, RN, MSN, staff nurse on Burnham 4, recently presented a paper at the Atlantic Affiliate Conference of the Association for the Care of Children's Health (ACCH) in Halifax, Nova Scotia. The focus of the Conference was Adolescence, and Ms. Pazola's paper was entitled, "A Special Kind of Courage--The Dying Adolescent." While in Halifax, Ms. Pazola was interviewed for a local program, "Nova Scotia Today," where she also discussed the needs of the dying adolescent. A member of the ACCH for 10 years, Ms. Pazola also belongs to the Association of Pediatric Oncology Nurses and Sigma Theta Tau.

Some Retirements

Best wishes go to the following employees who recently retired from the hospital:

Stefania Cloutier, Dietetics, 50 years
Sarah E. Trapp, C.S.R. Materials Assistant, 37 years
Beatrice Walker, Clinical Administration, 35 years
Zofia Pinkowska, Baker Nursing, 32 years
Gladys Cooke, Pharmacy, 31 years
Walker Kieseling, Equipment Repairment, 28 years
Mae Dozier, Dietetics, 27 years
Charles T. O'Leary, Dietetics, 26 years
Athanasia Chakalis, Phillips House Nursing, 23 years
Lincoln Sutherland, Environmental Services, 21 years
Janet B. Galgay, Medical Associates, 18 years
Elvia Howlett, Dietetics, 18 years
Veronika Keturakis, Clinical Administration, 16 years
Mirdza Ekmanis, Pathology, 15 years
Millicent Davis, Environmental Services, 14 years
Hannah Moore, General Medical Nursing, 14 years
Evelyn Atkins, Environmental Services, 13 years
Dorothy R. Brissette, Phillips House Nursing, 13 years
Beatrice Bowell, Ambulatory Business Office, 8 years

May 24, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Here is a model of the two inpatient towers proposed by the MGH (See April 26 HOT LINE). The two towers would contain a combined total of 660 beds. The towers would replace other patient care buildings with no beds being added in the process. The buildings have been designed for maximum flexibility and efficiency, while reflecting community needs. To avoid borrowing large sums of money at high rates of interest, the MGH is attempting to raise the necessary funds through The Capital Campaign. This model is on display in the Warren Lobby.

New Burn Center Opens

The MGH yesterday opened a new Burn Center complete with technological advances like bacteria-controlled nursing units (BCNUs), an innovative concept to prevent infection among severely burned patients.

Located on Bigelow 12, the 10-bed center, which provides the most modern patient care principles available for the treatment of extensive burns, is believed to be the first adult unit in New England designed especially for burn patients. The Shriners Burns Institute, staffed by MGH physicians, was planned for and is used exclusively by burned children.

The new MGH center, which replaces the hospital's obsolete 10-bed burn unit, is designed to improve the effectiveness of treatment and to control costs by making the most effective and efficient use of doctors' and nurses' time. The physical layout of the center gives the staff better access to patients and streamlines many routine procedures, allowing nurses more time for patient care. Simultaneously, the unit adds to the physical and psychological comfort of patients who suffer from the most devastating trauma of all.

Constructed with funds provided by the MGH's Capital Campaign, the Burn Center is the first completed portion of the $114 million fund-raising effort. The largest in the history of New England hospitals, the Capital Campaign was undertaken in 1981 and will regenerate the hospital's inpatient, outpatient, and research facilities.

Through the generosity of individuals, corporations, and foundations, nearly $68 million has been donated to the campaign to date.

(continued on page 5)

They're Ready When You Are, Or Even When You Aren't

From the window, your eye travels to the sky. You see jets take off and land without a sound as you watch from the ground.

You are right in the middle of a center of activity at Logan International Airport, the world's 15th busiest. But you are not inside an airport terminal, or at a gate, or at a baggage claim area. You are actually inside the MGH-Logan Airport Medical Station, the oldest on-site medical unit in operation at any airport in the United States.

Here, patients waiting to be seen can look out the sound-proof window or just watch people come and go inside the office.

The staff at Logan consists of four doctors, five nurses, one X-ray technician, and two secretaries.

Started in 1963, the MGH-Logan Airport Medical Station is a satellite clinic of the hospital. Its main purposes are to provide emergency treatment and medical guidance, to promote good health through preventive care, and to encourage a safer work environment for those employed at the airport.

The facility serves as a walk-in health center available to all employees, passengers, visitors, and residents from surrounding communities. The medical station moved to its present location on the second floor of the Old Tower Building (between terminals B and C) in 1970. It is open from 8:00

(continued on page 3)

Dr. Robert Gallo of the National Cancer Institute answering questions in the Ether Dome just days after announcing in Washington that a virus believed to be the cause of AIDS had been identified

Shedding Some Light on Energy Conservation

Just in case you thought your electric bills this past winter were too high, they could have been a lot worse. Just ask Steve Rizzo.

One day this past January, Mr. Rizzo opened a bill from Boston Edison. After a few seconds he probably wished he hadn't.

There it was in black and white. The numbers told the story...a lot of numbers...SIX figures to be exact.

A couple of weeks later he received another bill. The two bills, combining electric and steam usage, totaled more than a million dollars.

If we had gotten such bills, we

(continued on page 2)

MASS GENL HOSPITAL
ACCTG DEPT M218844
FRUIT
BOSTON MA 02114
Do not mark below this line

Amount due
$348,651.71
Bill payable when received

Boston Edison Company
800 Boylston Street
Boston, MA 02199

Pay at Customer Service Center or agency or mail to Box 488 Boston, MA 02199

Please notify us 10 days before moving

Billing Date
FEB 09,1984

FRUIT

ACCT PAY DEPT MGH
M241022 N NOVAK
FRUIT ST
BOSTON MA 02114
Do not mark below this line

Amount due
$684,499.63
Bill payable when received

How would you like to receive these kinds of bills?

Warren Library Book Sale
Today
ACC Lobby

An Exercise in Longevity

If you happen to walk past Ruth Sleeper Hall someday, don't be surprised to find a flurry of activity coming from the basement floor. That's where the new MGH Cardiovascular Exercise Lab is located.

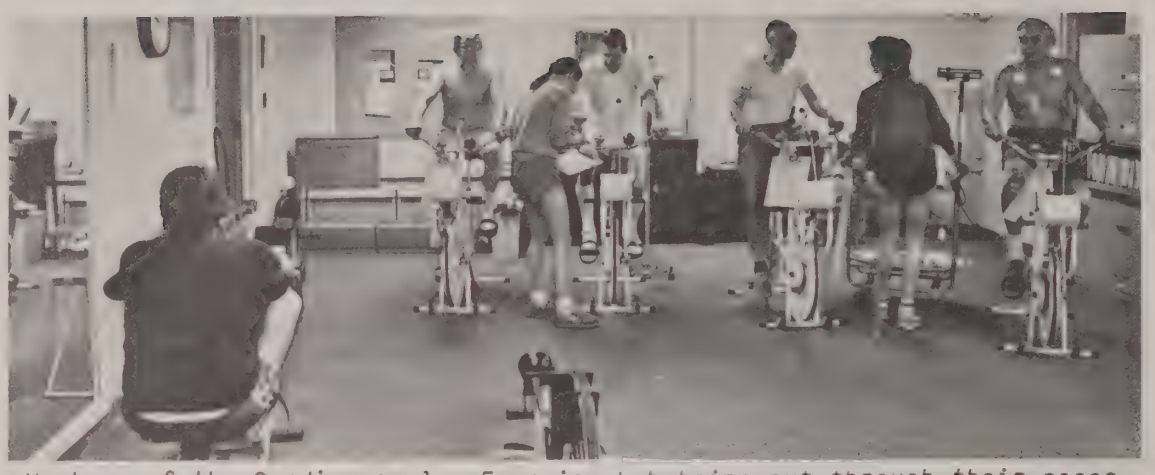
This new facility, which is part of the Cardiovascular Health Center, offers programs in cardiovascular disease prevention, risk factor modification, and cardiac rehabilitation. The facility also supplements the MGH exercise program at the Harvard University Indoor Track that has been in existence for the past four years.

Group exercise sessions are scheduled by appointment Monday through Friday and may include the stationary bicycle, treadmill exercise, rowing machine, and the use of equipment for upper body conditioning. Selection of the most suitable type of program is determined by the patient's medical and physical condition as well as personal preference.

"All members of the Cardiovascular Health Center are considered to be at risk for heart disease," explained Carolyn Crimmins of the Center. "They may have an elevated cholesterol level, high blood pressure, or may even have suffered a heart attack."

Approximately 100 people are enrolled in the Bike program. All participants are referred to the program by their own physician, who remains in charge of the patient's overall care and will receive progress reports on that patient.

A total of seven sessions are held a week, with about ten participants per session. They are supervised by a staff of three nurses; Kris Nelson, Kathy McKool, and Christie Kuo. Others involved include Dr. Gregory D. Curfman, the Medical Director of the program, and Dr. William Dec, a cardiac fellow. Dr. Alexander Leaf is Director of the Cardiovascular Health Center. The nutrition component of the program is headed by Dr. Wayne Peters and staffed by nutritionists Lillian Sonnenberg, Carolyn Crimmins, and Nadine Braunstein.



Members of the Cardiovascular Exercise Lab being put through their paces

The participants spend the first 5-10 minutes of their session in warmup exercises. They then engage in exercises on the bicycles, treadmill, and/or rowing machines for 20 minutes. Finally, there is a 5-10 minute cooling-down period.

"Most of our patients have exercise bikes at home, so they can formulate their own exercise program when they're not here," said Ms. Crimmins. "And when they have completed our 12-week program, they are able to continue exercising at their own pace. We want to show them that there are alternatives to running to stay fit."

Student Receives Scholarship

David Parker, a Registered Physical Therapist and a student at the MGH Institute of Health Professions, is a recipient of the Henry Francis Barrows Scholarship of the Fanny B. Reed Trust. The scholarship is administered by The Boston Company.

Mr. Parker is a student in the Advanced Master of Science Program in Physical Therapy for Experienced Physical Therapists and is specializing in Physical Therapy for sports injuries.

A resident of Swampscott, he earned his bachelor's degree in Physical Therapy at the University of North Carolina and most recently was a Physical Therapist at The Memorial Hospital in Danville, Virginia.

David Parker (left) with Jane Williams of The Boston Company

Energy (continued from page 1)

probably would have laughed it off as some kind of computer error or cruel joke. But Steve Rizzo wasn't laughing.

As Facilities Engineer at the MGH and directly responsible for energy management, he is used to getting big electric bills. The bills Mr. Rizzo received were for the amount of electricity and steam the hospital used during that one winter month. "And as bad as that bill was, he explained, "it could have been a lot worse if not for all the energy conservation measures we have taken over the past few years."

In fact, the MGH just received an award from the American Hospital Association for having an 11% reduction in energy consumption from 1979 to 1981. This is the second such award the hospital has received from the A.H.A. in as many years. Not too bad considering the MGH is Boston Edison's largest user of steam and one of its largest users of electricity.

But conserving energy is no easy task, especially when you're talking about a complex the size of the MGH, and still growing in nonbed areas.

"For example," said Virgilio "Doc" Gobbi, also a Facilities Engineer, "one CT scan uses 600,000 to 1,000,000 kwh a year. That's like using 10 100-watt light bulbs and having each one on for a million hours."

In 1977, Facilities Engineering and Maintenance formed an Energy Management Committee designed to come up with ways of saving energy. To date, the proposals enacted are the construction of new refrigeration plants in the Cox and Gray Buildings, installing new insulation, using time clocks and computerized controls, and starting a preventive maintenance program.

The results have been dramatic. Despite the fact that the hospital has grown in terms of square footage, the consumption of energy has been reduced. "In 1977," said Facilities Engineering Manager Anand Seth, "we used 840 billion BTUs of electricity--the equivalent of 143,880 barrels of oil, or 15 barrels of oil for every person who occupies the hospital. But in 1983, we used 510 billion BTUs, the equivalent of 85,646 barrels of oil, or 9 barrels per person. Our maintenance personnel deserve a lot of credit for this reduction."

Mr. Seth went on to say that this 40% reduction would be enough to heat and power 2,000 homes in Massachusetts.

Although the MGH has some control over the heating and cooling of the hospital, it cannot control the use of electricity. And the consumption of electricity is still a problem.

"Sixty percent of all electrical usage in the hospital is for lighting and equipment for research and patient support," said Mr. Rizzo. "And the more medical technology improves, the more the demand is for electricity. It has been growing about two percent a year."

That's why the help of all MGH employees is needed. "The best way employees can help us," said Maintenance Manager Tony Giarrusso, "is by just using common sense. When something is not in use, turn it off. That goes for lights and any equipment. You wouldn't keep them on in your home if they weren't needed, so why do it where you work? Also, try not to use equipment that is partially loaded. Wait until you have a full load before using it just as you would for your washer, dryer, or dishwasher."

Members of Facilities Engineering and Maintenance hope this trend towards energy conservation will be taken up by all employees. As one person put it, "The efficient operation of the plant IS energy conservation."

Director of Operations Stephen Kauffman (second from left) presenting an Energy Management Award to Facilities Engineering Manager Anand Seth. Looking on are Maintenance Manager Tony Giarrusso (left) and Facilities Engineer Steve Rizzo (right).

Then...

And Now

Times have certainly changed around the MGH in the past 20 years.

One area in particular where you can see a difference is in the Office of Communications, where the figures tell the story.

In 1963, there were 1,800 telephones at the MGH compared with 6,675 in 1983. There were also 240 local beepers. Now there are 1,291 long range beepers. Twenty years ago 501 calls were placed through the page operator on an average day. Today that figure is 4,322, and that does not include those pages that people can dial themselves. And 20 years ago the average number of patient condition calls made was about 300 a day. In 1983, that figure was 1,219.

Despite the growing number of calls, however, one figure remains fairly constant--the number of operators. In 1963, we had 40 operators. Twenty years later there were 38.

Just some things to think about during Hospital Telephone Operators Week.

Logan (continued from page 1)

a.m. to 5:30 p.m., Monday, Tuesday, Thursday, and Friday, and 8:00 a.m. to 8:00 p.m. on Wednesday.

"The most common problems we see," explained June Carroll, a nurse practitioner, "involve such things as earaches, sprains, and backaches. But we also respond to two or three cardiac arrests a month. And although most of the patients we treat have difficulties that are episodic in nature, we do some primary care, as well as ongoing screening of airport employees."

"We observe people at work sites," added Dr. Terrence A. O'Malley, medical station Director, "and give advice to them and their supervisors on how to prevent injuries."

Another part of health maintenance involves immunizations. "We are a travel advisory immunization center," explained Jean Delaney, the medical station's Clinical Nursing Leader. "Our staff is expert in immunization advice. In fact, very often private doctors call us asking about different vaccines for their patients."

One person who recently came into the medical station asking about immunizations was Sue Standing, who is planning a trip to Kenya this summer. She made an appointment with one of the nurse practitioners to find out what inoculations she needed before she left the country. And with the vacation season upon us, it's expected that many other travelers will be following suit. "All vaccines are available here," said Ms. Delaney. "So if you are planning to travel abroad, you should be aware of what shots you will need before you leave. We want you to have a safe and healthy trip."

(Part two next month)

Patients can watch the activity of the airport from the waiting room at the MGH-Logan Medical Station.

Nutritional Highlights

by the Department of Dietetics

May is National High Blood Pressure Month. High blood pressure (or hypertension) is one of the nation's major health problems. Approximately 40 million Americans have some degree of high blood pressure.

"The long-term effects of the disease," said Dr. Randall Zusman, Director of the MGH's Hypertension Unit, "include increased risk of death from heart attack, stroke, and kidney failure. High blood pressure usually cannot be cured, but it CAN be controlled. Good control can minimize the long-term effects of the disease."

A recent national survey revealed that an increased awareness and control of high blood pressure was associated with a decrease in the number of deaths from heart attack and stroke.

Nutrition can play an important role in controlling high blood pressure. Weight loss and a reduction in sodium intake, in conjunction with appropriate medications, can contribute to significantly lower blood pressure levels. Some individuals, particularly those who are young and have mild hypertension, can lower blood pressure to acceptable levels simply by losing weight, exercising, and restricting sodium intake. The most important part of high blood pressure control is continued compliance with recommended treatments.

Making the necessary changes in diet and eating habits may not be easy for some people, but the evidence indicates that the benefits are well worth the effort. A registered dietitian can help the hypertensive patient plan realistic and achievable goals for dietary change --changes that will assist the patient in losing weight (or maintaining an appropriate weight) and reducing habitual sodium intake, while still enjoying a varied and nutritious diet.

Do your part for National High Blood Pressure Month. 1) Have your blood pressure checked if you haven't done so recently. MGH employees can go to the Hypertension Unit office on ACC 3A (Room 382) to have their blood pressure checked free of charge. 2) Eliminate a few of the "extras" in your diet or reduce the size of your portions to cut your total calorie intake. 3) Don't add salt to your food before tasting it. 4) Try to cut down on the salt you use in cooking. Salt in most recipes can safely be cut by half (one-third for yeast baked goods). 5) Get more exercise. Take that walk along the Charles during your lunch break.

Being Secure in Who You Are and What You Do

Linda Sarno is a substitute teacher in the city of Revere. One day recently she led a discussion on the subject of jobs and careers.

"One of the girls in my class announced that she wanted to be President of the United States someday," related Ms. Sarno. "And I told her that I thought she could be anything she wanted to be."

Linda Sarno knows whence she speaks. You see, by day Ms. Sarno is in the classroom. But by night she is a Security Officer at the MGH...the only woman assigned to foot patrol detail in the hospital.

With a degree in Criminal Justice and Psychology from Westfield State College, Ms. Sarno believes her education prepared her for a career in law enforcement.

"For a while I was a counselor with delinquent children," she said. "But I wanted to do something more with my training. And I didn't feel it should make any difference that I was a woman."

It was while Ms. Sarno was in the process of looking for a job in criminal justice that she came to work at the MGH as an Administrative Assistant in the Emergency Ward. "I learned a lot in that job," she declared. "In many ways I think it helped me to be a better Security Officer, since I had to deal in a direct way with all kinds of people."

Ms. Sarno explained that her job now is to maintain security. But working nights, she added, can present its own problems. "Even though the hospital is closed to the public at night," she said, "it can be busier than most people realize. We help with ambulances, we constantly patrol the hospital and its surroundings, and we escort people to their cars."

But the Security Officer added that this last duty occasionally brings its own interesting response. "Sometimes when I escort someone to his or her car, I'll be asked, 'Who's going to walk YOU back?' I guess it's nice that they look out for my safety, but I also know that it's because of my sex."

However, Ms. Sarno said that being a woman many times has worked in her favor. "I won't get hit as much," she said laughing. "But I find that I can also deal with other women better than most men can."

The Security Officer acknowledged that the job has its share of dangers but that these are kept to a minimum by using the "buddy system" by which no officer answers a call alone. "Karate lessons can also come in handy," she remarked.

Linda Sarno on routine patrol

Ms. Sarno said the job is pretty much what she expected when she began two years ago. "I think I've accepted the fact that anything can happen, at any place, and at any time." But she added that what she still finds hard to accept is that some people treat her differently than they would a male officer just because she is a woman. "Yes, it can get frustrating," she admitted. "Yet I think all Security Officers are sometimes taken for granted. Many times our presence is acknowledged only when something goes wrong. But that's part of the job, I guess, since we're here to make sure everything goes right."

New Envelopes

In an effort to reduce costs, a new inter-departmental envelope has been introduced. This envelope, which can be recycled, may be obtained free of charge at the service window of the Post Office during normal business hours.

The unprinted brown house mail envelopes will continue to be supplied for confidential mailings by Supply Services.

What the MGH Is

Mal McLean and the White Building have something in common. They both arrived at the MGH at approximately the same time.

And each, in its own way, has served as a model. The White Building is still identified as a symbol of the MGH. "And Mal," said Director of Operations Stephen Kauffman, "has symbolized what the MGH is."

This was just one of the many tributes paid to Mal McLean on the occasion of his retirement. A very special guest at a party held in his honor was Albert Wait, Mr. McLean's first supervisor in the Electric Shop.

Mr. McLean, an Electrical Facilities Engineer, began his MGH career in 1939 in the Electric Shop (then called the Motor Shop). But his excellent work for more than 40 years is not the only thing people remember about him. "He always had a smile on his face," said one colleague. "He was always willing to help."

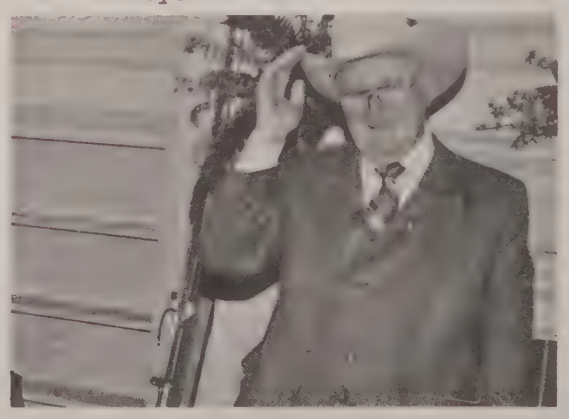
And the same could be said for Mal's wife, Ruth, who also retired this spring from the MGH, where she was an Accounts Clerk for the past 11 years in the Inpatient Accounts Office.

Mal and Ruth McLean share a special moment during the retirement party held for Ruth.

In addition to being fixtures at the hospital, the McLeans have been dominant figures in the MGH Bowling League, with Mr. McLean having been one of its founders.

It's hoped that for Mal and Ruth, retirement will also be "right down their alley."

It's a busy day for the ambulance drivers in front of the White Building.



Mal McLean getting ready to hit the trail

Picture Award recipients from Volunteer Recognition Day included (left to right) (Standing) Barbara Newton, Norma Love, Jean Westheimer, Marguerite Ryan, Ann Lee Lindsey, Liz Toro, and Anne Kane. (Seated) Ann Huggard, Helen Jones, Mim Huggard, and Ida Cerbone. Missing from photograph are Francis Aldrich, Jean Brown, Jack DiBona, Richard Frank, Dory Howard, Joan LaRovere, and Tina O'Connell.

Maeve Blackman (right), Director of the Volunteer Department, showing her appreciation to Manny Costa

Manny Costa was presented with a special citation at ceremonies honoring MGH volunteers.

A member of the hospital's Paint Shop since 1970, Mr. Costa was honored for his distinguished service to Portuguese patients and their families. It marked the first time that this citation has ever been awarded to an employee of the MGH.

Born in Portugal, Mr. Costa came to the United States in 1968. Since joining the hospital, it is estimated that he has served as an interpreter more than 50 times a year, translating in both Portuguese and French.

"He has always made himself available to us," said Maeve Blackman, Director of the MGH Volunteer Department. "We appreciate all he has done for us over the years, and I know the patients and their families do, as well."

Mr. Costa and his wife Robin, who is a nurse at the MGH, have two children.

Burn Center (continued from page 1)

Largely because of inflation, the MGH is expected to increase the goal later this year. The hospital will add no new beds as a result of the fund-raising effort but will renovate or replace old, outmoded segments of the complex. As with the new Burn Center, the hospital will modernize other facilities to keep pace with the ever changing progress of medical science.

The MGH Burn Center itself is part of the Massachusetts General Hospital-Massachusetts Eye and Ear Infirmary Trauma Center and is headed by Dr. John F. Burke, who is also Chief of Trauma Services.

Advances in burn care during the past 10 years have greatly increased the chances of survival as well as reduced the pain and long hospital stays required of patients with severe burns. Many of those developments were pioneered by doctors at the MGH.

BCNUs, for example, were developed by Dr. Burke in the 1960s and later tested at the Shriners Burns Institute, an affiliate of the MGH. Proved successful in preventing cross infection (from one patient to another) in children burn victims, the BCNUs have been modified by the MGH and are now being used for adult patients in the new Burn Center.

"Traditional burn care, both at the MGH and at other institutions, isolated severely burned patients in separate rooms to prevent cross infection," said Dr. Burke. "While separation is a reasonably effective method of care, it is inefficient and time-consuming for those caring for the patient and also expensive for the patient and society." Some of those problems include the need to change into a cap and gown whenever going near a patient, high nurse-patient ratios, and the safety factor that accompanies difficulty in monitoring a critically ill patient while working with another patient.

The new MGH Burn Center includes an intensive care unit consisting of four beds (expandable to five should the need arise). Rather than separating severely injured patients in private rooms, the center's ICU is made up of BCNUs located on an open ward. Each unit is a 6-foot-by-10-foot portable, plastic cubicle with walls extending from floor to ceiling. If necessary, doctors and nurses can enter the cubicle through a special access door but can perform most tasks using the gloved armports on one side of the BCNU. And although separated by transparent plastic, patients can speak to and hear others outside the cubicle.

Dr. Burke has also developed a Nursing Assist Bed, a prototype of which is being tested in the new center. Because many burn patients are unable to aid the nurse in turning and moving, the nurse must perform a great deal of physical labor. By guiding the hydraulic bed to roll a patient on his or her side, for example, the nurse can change the patient's sheets while the bed does all of the heavy work. That maneuver is very difficult to accomplish when the patient is severely burned as well as attached to a respirator, monitor, and other critical-care devices.

The MGH Burn Center treats more than 175 patients each year, receiving acutely burned adults from other hospitals in New England (or beyond) as well as local residents who may be less critically injured. A patient's average hospital stay is 28 days, a dramatic reduction from that of conventional burn treatment.

"The object of modern burn care is to remove the dead tissue immediately (within hours if possible) and to repair the open wound by closing it with grafted skin, either the patient's own or with a material that physiologically acts like skin," explained Dr. Burke. "Although the idea of prompt excision and grafting has been around for a long time, in 1974 the MGH became the first burn center to develop a treatment using the method routinely."

Dr. Burke credits the savings in lives, shortened hospital stays (approximately 50 percent) and greatly lessened pain to the MGH's method of primary excision and grafting of the burn. In the last few years many MGH patients have also benefited from artifical skin, which Dr. Burke developed with scientists at M.I.T.

Burn care has a long tradition at the MGH. The first recorded burn patient was Mrs. Henry Wadsworth Longfellow, wife of the Cambridge poet, in the 1800s. It was the tragic Cocoanut Grove fire in November, 1942, however, that propelled the MGH to the forefront in burn care.

"Overall burn treatment is much improved over our results of 10 years ago," said Dr. Burke. "The new Burn Center won't change the way we care for burn patients, but we will be able to care for them more efficiently, and therefore, more effectively."

MGH Chief of Trauma Services Dr. John Burke (right) going over final plans for the new Burn Center with the unit's head nurse Elizabeth Dickerson

MGHers on the Run

The cold, wet weather didn't dampen the spirits of thousands of men and women who ran in the 1984 Boston Marathon.

Again this year, many of those who took on the 26-mile, 385-yard course from Hopkinton to Boston were from the MGH.

The following are the names and the finishing times of those runners who made themselves known to THE HOT LINE:

Dr. John Boyle, Orthopaedics, 2:48

Dr. James Hudson, McLean, 2:48

Tom Ayres, McLean, 2:53:57

Dave Porell, Physical Therapy, 2:59

Dr. Gary Stone, Pathology, 2:59

Mark Kochanowski, McLean, 2:59:52

John Bump, Dietetics, 3:01

Howard Berman, McLean, 3:02

Joseph Rubin, McLean, 3:04

Dr. G. Kimble Jett, Surg. Res., 3:05

George Smith, McLean, 3:08

Dr. Ward Cromer, Bunker Hill, 3:09

Dr. Harvey Simon, Medicine, 3:09

Dr. Jordan Garber, Psychiatry, 3:15

Tom Salvo, Physical Therapy, 3:15

Dr. David Systrom, Pul. Fellow, 3:15:43

Dr. Sherry Haydock, Medicine, 3:20

Mike Flynn, Phillips 5, 3:22

Wayne Davis, McLean, 3:30:02

Dr. Jeffrey Jonas, McLean, 3:35

Dr. Lynn Verhey, Radiation Med., 3:38

Dr. Daniel Podolsky, GI Lab, 3:40

Dr. Alan Weitberg, Hematology/Oncology, 3:45

Dr. John Goodson, Medicine, 3:55:38

Brian Young, McLean, 3:56

Dr. Allan Hamilton, Neurosurgical Resident, 3:57

Deborah Bradford, Immunopathology, 4:02

Dr. Jeffrey Young, Rad. Therapy, 4:05

Sue Croteau, White Recovery, 4:20

Dr. Thomas Delaney, Rad. Therapy, 4:20

Helen Casey, Administrative Asst., 4:30

Dr. Francis Delmonico, Surgery, 4:32

Dr. Roxanne Malenbaum, Psychiatry, "Just say I finished."

Congratulations are also in order to the members of the MGH who participated in the third annual Boston Milk Run, held on Sunday, April 8.

The MGH finished first in the men's division with a time of 147:16, and Spaulding Rehab. won in the women's division with a time of 231:26.

Members of the winning teams were Gary Stone, John Bump, William Nelson, and Joseph Green for the MGH men's team, and Linda Hennessey, Judith Dupree, Susanne Pfaff, and Nancy Lefkowitz, for the team from Spaulding.

Members of the White Building Recovery Room model T-shirts they designed for the recent Nurses Run road race. (From left to right) Kathy Porter (head nurse), Ellen Kinnealey (unit teacher), Eileen Farrell, RN, and Sally Grace, RN.

Wally Spencer (left) and Matt Fitzgibbons (right) of the Diabetes Generals being presented with the championship trophy by League Commissioner Larry Curtis (Photo by Joe Fortunato)

Generals Charge to Victory

The Diabetes Generals are the champions of the MGH Basketball League defeating the Royals two games to one in the best of three championship series. The Royals had finished first in the regular season.

Wally Spencer of the Generals was named the League's Most Valuable Player, and Mark Contrado of the Royals was picked as Rookie of the Year.

The awards were presented at a banquet held on April 27 in the Chalet.

"Play Ball"

Another season of softball is under way along the banks of the Charles. (Photo by Joe Fortunato)

Bruce Rossi of the Paint Shop jumps for joy after hitting a home run on opening day.

If the first week is any indication, it's going to be an exciting season in the MGH's Maintenance Softball League.

In the first games of the year, the Paint Shop defeated the 1983 champs from the Refrigeration Shop by the score of 15-11. And the Electric Shop scored a 13-9 victory over the Doctors' team. The team from Personnel was not scheduled to play in the first week.

The games are played every Friday evening at 5 p.m. on the MDC field across from the hospital on Charles Street.

Julie Conroy, a patient on White 9, threw out the first ball to start the new season.

THE MGH HOT LINE

May 31, 1984

News Office, Bulfinch 1, Ext. 2206

Ether Dome Resident to Let Others Do Talking

He's attended every lecture and event held in the Ether Dome since around the turn of the century. He has heard and observed everything. But now, he is about to embark on a short trip to return to his rightful home. But before he goes, two of the people who may know him best want to tell us something about him. On Wednesday, June 13, at 4 p.m. in the Ether Dome, Charles and Irene Hayward will give a talk about the mummy. The mummy first came to the MGH on May 4, 1823, as a gift and was sent on a fund-raising tour of exhibitions. He reportedly left the hospital in 1885 to go to the Boston Museum of Fine Arts but found his way back here around 1896. Now Padihershef, as he was known in Ancient Egypt, is about to be reunited with his brightly colored outer coffin at the George Walter Vincent Smith Art Museum in Springfield. And this discovery of the coffin came about as a result of extensive research conducted by Mr. Hayward, a professor in the Art Department at Bay Path Junior College, and his wife Irene, who had been a student nurse at the MGH. Over the years, the connection between "Paddy" and the outer coffin located in Springfield had been lost. But following some investigative work, Mr. Hayward discovered that the outer coffin actually belongs to the MGH mummy. "Paddy" will be leaving for Springfield on June 14, to take part in an Egyptian exhibit opening this December 1. But rest assured, he will be back with us at the MGH next year in a restored condition, thanks to the Museum. So if you want to say good-bye, come to the Ether Dome on June 13, at 4 p.m.

The Doctors Choose

For the second time this spring, a national publication has published a survey on the best doctors in the United States. And once again, the MGH is right at the top in most categories. In the May issue of Town and Country magazine, hundreds of physicians from around the country were asked their opinions as to whom they considered to be the best medical specialists in the country. And here are the results of part one of the survey: (Part two will be published in the June issue.)

MGH Cardiologists named:
Dr. Roman W. DeSanctis, Dr. Allan L. Friedlich, Dr. Adolph M. Hutter, Jr., and Dr. Peter M. Yurchak. (The most of any hospital cited)

Heart Surgeons named:
Dr. W. Gerald Austen and Dr. Mortimer J. Buckley. (The most of any hospital cited)

Thoracic Surgeons named:
Dr. Hermes C. Grillo, Dr. J. Gordon Scannell, and Dr. Earle W. Wilkins, Jr. (The most of any hospital cited)

Neurologists named:
Dr. Joseph B. Martin and Dr. Vincent Perlo. (The most of any hospital in New England)

Neurosurgeons named:
Dr. Robert G. Ojemann and Dr. Nicholas T. Zervas. (The most of any hospital in New England)

Oral Surgeons named:
Dr. Walter Guralnick (one of three named from the Boston area)

Neuro-Ophthalmologists named:
Dr. Shirley H. Wray (One of three named from the Boston area)

G.I. Disease Specialists named:
Dr. Kurt J. Isselbacher (one of five named from New England)

In addition, several physicians from the Massachusetts Eye and Ear Infirmary were named in the survey.

Another Career Day

The Staff Education Department will again be hosting representatives from local colleges and universities, who will share information on their B.S.N. and M.S.N. programs. This second Career Day will be held on Tuesday, June 12, from 7:30 a.m. to 2:30 p.m. in the Phillips House classroom, number 3, in the basement of the Phillips House.

Writing Workshop

The Office of Training and Development will repeat its successful Effective Writing Workshop on June 12, 14, 19, and 21, from 5:15 to 8:30 p.m. This four-session program is designed to help you produce stronger, clearer writing with new speed and confidence. If your career can be enhanced by your ability to write or edit, we encourage you to enroll. For more information, please call the Office of Training and Development at Ext. 2230.

Would You Like to Be a Tutor?

With just one hour of your spare time each week, you can help foreign-born employees or professional visitors improve their English language skills, settle into life in the U.S., and/or prepare for advanced learning. No second language is required--just excellent communication skills and thorough knowledge of American English and culture. Tutor orientation and resources are provided through the Office of Training and Development. For more information, please call Pat McGurty or Elaine Beaulieu at Ext. 2230.

Around MGH

Dr. Nicholas T. Zervas, Chief of Neurosurgery, has been named the new chairman of the Massachusetts Council on the Arts and Humanities by Governor Michael Dukakis. Dr. Zervas has served as a member of the Council for the past five years and was responsible for the NEW WORKS Program, which resulted in three Pulitzer Prizes being awarded to individuals commissioned by the Council. In announcing the appointment, the Governor described Dr. Zervas as "a strong advocate of community arts who is committed to the accessibility of the arts for everyone. At a time when we are moving toward a new era of cultural unity and leadership, we are fortunate to have such an eloquent spokesman, long associated with cultural groups large and small." Dr. Zervas, who has been an arts council member since 1978, commented that "Never before in Massachusetts has there been such an abundance of cultural activity available for everyone. And at the center of all that activity are the local arts councils, which play an essential role in the communities."

Dr. Stuart Lind, a member of the MGH's Hematology/Oncology Unit, recently won the Westerman Prize of the American Society for Clinical Research for an essay he wrote on medical ethics.

Dr. Carter R. Rowe, Senior Orthopaedic Surgeon, was recently elected President of the American Shoulder and Elbow Surgeons Society for 1984. The annual meeting of the Society will take place in Boston from November 1-3.

Dr. John T. Potts, Jr., Chief of Medical Services, recently participated in a Consensus Development Conference on Osteoporosis, sponsored by the National Institutes of Health. Osteoporosis is a condition in which bone density decreases, causing the bones to be more susceptible to fracture. A primary purpose of the Conference is to provide physicians and consumers with information regarding the safety and effectiveness of drugs, devices, and procedures.

MGH in the Media

Dr. Martin G. Ostro, a Clinical Associate in Medicine, was interviewed recently by WROR Radio on the subject of allergies.

Dr. Stephen C. Kleinman, an MGH psychiatrist, appeared recently on WNEV-TV (Channel 7) to talk about a proposal to legalize the use of marijuana for medical purposes.

THE MGH HOT LINE

June 14, 1984

News Office, Bulfinch 1, Ext. 2206

Approval from Several Agencies Needed Before Construction of Towers Can Begin

(First in a series of stories about the proposed patient towers)

The time it takes for an idea to become reality can often be lengthy. This is certainly true when it comes to constructing buildings such as the two inpatient towers proposed by the MGH. (See April 26, 1984 HOT LINE.)

There are budgets to be drawn up, architects to be hired, plans to be designed, and land to be cleared--just to mention a few of the things that must be done before any construction can begin.

But even the best laid plans will never get off the ground unless the proposal completes an approval process from government agencies.

In the case of the proposed inpatient buildings, the MGH must win approval from at least four separate agencies before construction can begin. And Jordan Krasnow, an attorney representing the hospital, described the process of approving such a plan.

"Essentially, what we are seeking is an amendment to the original development plan that was approved prior to the construction of the Wellman Research Building," explained Mr. Krasnow. "This process begins by submitting an application with the Boston Redevelopment Authority (BRA). The staff of the BRA then studies the proposal and brings it before a formal public hearing, which is now scheduled for June 20.

"If the amendment is approved by the BRA," said Mr. Krasnow, "it then goes to the city's Zoning Commission. This Commission holds its own public hearing, and when approval is granted, the plan goes to the mayor for his signature."

Mr. Krasnow added that because the amendment being sought by the MGH involves relief from certain provisions of the zoning code, it must also go before the Board of Appeals. In addition, the hospital must file an application for a Determination of Need (DON) with the State Department of Public Health, which reviews the proposal for need and for impact on health care costs. But this last step, as the attorney was quick to point out, is totally separate from the process involved with the city agencies.

Once this entire approval process is completed can construction actually begin.

The new structures would add enough space to make modern technology more efficient, the patient rooms more pleasant, and the task of employees easier. Not one new bed would be added.

Directories Still Available

If you haven't received a 1984 MGH telephone directory, there are still copies available during normal business hours at the Communications Office on White 13. Meanwhile, there are new telephone numbers if you are calling Children's Hospital. The new number for Information is 120-5-6000. To call an extension, dial 120-5-Extension. These tie-line calls are free. Please make a note of these changes on page 3 of your MGH directory.

Discounts for Golf and Tennis

Discount information is available in Staff Records on Bulfinch 2 for the Boston Five Classic, to be held June 20-23 at the Radisson Resort Ferncroft Country Club in Danvers. Information is also available for the U.S. Pro Tennis Championships, to be held July 14-22 at the Longwood Cricket Club in Chestnut Hill.

Vaccine at Staff Clinic

The Staff Clinic is continuing to provide Hepatitis B vaccine to employees and staff without charge. Some employees, particularly those frequently exposed to patients' blood, are at high risk of acquiring this infection. They may benefit from this opportunity to receive the vaccine, which is more than 90% effective and has not caused serious complications or other disease. If you feel you are at high risk and would like to obtain this vaccine, please go to the Staff Clinic (Bulfinch 1) with your blue hospital card. If you have questions about the vaccination program, you can ask your unit or laboratory supervisor, or call the Staff Clinic at Ext. 2218 or the Infection Control Unit at Ext. 2036.

Putschar Lecturer Announced

Dr. Howard Dorfman, an internationally known orthopaedic pathologist, will be the first Walter G.J. Putschar Lecturer on June 14-15, at the MGH. Dr. Dorfman, who is affiliated with Johns Hopkins University, will deliver two lectures and will spend most of his time with residents, giving slide seminars and having informal discussions. His lectures on "Cyst-like lesions of Bone," will be held on June 14, at 9:00 a.m. in the Putschar Conference Room (Warren Basement), and on "Periosteal and Paraosteal Sarcoma," scheduled for that same day at 4:30 p.m., on Cox 2.

Around MGH

Congratulations to honorary MGH trustee Mr. Sidney Rabb, who on May 23 received the Scopus Award, the highest honor that Hebrew University, through its American Friends Organization, can make. It is the first time the Scopus Award has been presented to a member of the Greater Boston Jewish community.

Dr. Gerald L. Klerman, Director of Psychiatric Research, recently received the Solomon A. Berson Medical Alumni Achievement Award from New York University School of Medicine. The Award was presented to Dr. Klerman in recognition of his contributions to clinical science.

Dr. Douglas S. Ross of the Thyroid Unit has received the American Federation for Clinical Research Award to Trainees in Clinical Research. Dr. Ross's work involves molecular mechanisms relating to the regulation of the pituitary hormone that controls the thyroid gland.

Dr. Bhagwan T. Shahani, Director of the EMG and Motor Control Unit in the Clinical Neurophysiology Laboratory, has served as Editor for a book entitled, Electromyography in CNS Disorders: Central EMG. This book is the first explanation of the relevance of Electromyography to disorders of the central nervous system.

Laurie Herzberg, RN, a unit teacher in the Phillips House, was recently honored with the Nurses' Educational Foundation Scholarship, established by the Edith M.F. Pritchard Fund. Ms. Herzberg will use the scholarship to continue her studies in nursing.

Members of the Psychiatric Nursing Service have contributed a chapter, "Models of Family-Centered Care in One Acute Care Institution," contained in the March, 1984 volume of Nursing Clinics of North America. The authors are Dr. Deanna Pearlmutter, Chairman; Ms. Ann Locke, Ms. Susan Bourdon, Ms. Gail Gaffey, and Ms. Rosalie Tyrrell, Psychiatric Clinical Nurse Specialists.

The MGH's Spaulding Rehabilitation Hospital has inaugurated an annual lecture dedicated to the memory of Josiah A. Spaulding, a founder and president and chairman of the SRH from 1970 until his death last year. Dr. Eli Ginzberg, an internationally known medical economist, presented the first lecture on May 30. His topic was "Disability and Functionality: An Economist's Perspective."

June 28, 1984

THE MGH HOT LINE

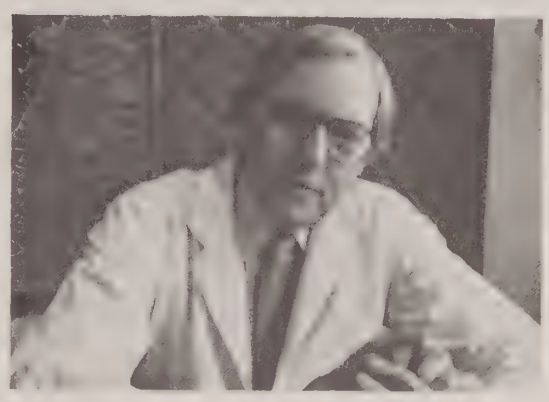
News Office, Bulfinch 1, Ext. 2206

A Conversation with the General Director

On July 1, Dr. J. Robert Buchanan will celebrate his second anniversary as General Director of the MGH. Recently, THE HOT LINE spoke with Dr. Buchanan about the past two years and what is ahead for the hospital in the future.

What changes have you seen at the MGH during the two years you have been General Director?

I guess I have enough prior experience with institutions generally to believe that it's unlikely one would see dramatic change in an institution that could be ascribed to any one individual's role in so short a period of time. Institutions move slowly. It's one of their self-protective devices. They don't jump at every passing fancy or whim of individuals. In the two years, the environment in which the MGH has to function has changed dramatically, especially with respect to the reimbursement for patient care. And in that area, I believe the institution has once again demonstrated its leadership by bringing its expenditures within the acceptable limits set by the State Rate Setting Commission.



Dr. J. Robert Buchanan

How much do you think that cost containment has impeded or will impede progress in medical technology at the MGH?

I think it's a little too early to respond to that. If you look at the things that have been implemented here in the last few years--Positron Emission Tomography, new CT scanning capability, Accelerators, Lithotripsy--I'm sure I could go on and increase that list substantially, one would not think that things had been impeded very much. On the other hand, as time goes on, it's my conviction that the number of new technologies will be far more numerous than they are right now. And I'm convinced we will see very specific instances in which we could not adopt a new technology because we didn't have the resources with which to acquire it. I'm reasonably convinced that will happen.

Do you think cost containment is, in fact, here to stay?

(continued on page 2)

Experts from the Smith Art Museum in Springfield carefully carry Padihershef from his glass case in the Ether Dome while under the watchful eye of members of the news media.

Padi's Trip to Springfield Attracts a Crowd

While some rather tall men were being paraded along the streets of Boston to the delight of their fans, just a few blocks away one rather short man was also the object of much attention.

But it's not known if the Padihershef mummy enjoyed being in the spotlight as much as the world champion Boston Celtics did.

June 14 was moving day for "Padi." After having spent most of the last 161 years standing in the MGH's Ether Dome watching history go by, it was time for the mummy to make a little history of his own.

He was about to travel to the George Walter Vincent Smith Art Museum in Springfield to be restored and then be put on display in an exhibit next winter. The exhibit will mark the first time in nearly 100 years that the entire burial ensemble is reunited. The outer coffin became separated from the inner coffin and the mummy around the turn of the century and eventually made its way to the Smith Art Museum in 1932. Through the exhaustive efforts of Charles Hayward, a professor of art history at Bay Path Junior College in Longmeadow, and his wife, Irene, who graduated from the MGH School of Nursing, it was determined that the Museum's outer coffin was indeed part of the MGH mummy's burial ensemble. The Haywards have been the driving force behind the Smith Museum's exhibition.

Padihershef was the 1823 gift of Dutch merchant Jacob Van Lennep. He actually began his association with the MGH as a fund raiser. Mr. Van Lennep sent the mummy to Boston to be given "to some public establishment as a mark of respect to that city." Thus Padi was delivered to the MGH "in order to aid the funds of this charitable institution."

And he did his job very well. After undergoing a complete medical examination by MGH cofounder Dr. John C. Warren, Padi was put on exhibit for one year. He traveled to other cities on the East coast and raised for the hospital the then substantial sum of $1,500.

And on this day in June, Padi would be going on the road again. But how

(continued on page 3)

The Capital Campaign Update

Mrs. R. Morton Claflin has assumed the role of Cochairman of The Capital Campaign, joining John L. Cooper in the responsibility for policy and direction of the MGH's effort to raise funds for new inpatient buildings and other urgent needs.

Together, Mrs. Claflin and Mr. Cooper are working to establish new goals for Phase II of the Campaign, which will be launched September 25. Over the summer specific needs will be targeted. Among the most pressing is the construction of new structures to replace approximately half the present inpatient beds.

John E. Lawrence, Esq., Cochairman with Mr. Cooper of Phase I of the Campaign, will continue his long association with the MGH as President of the Corporation. In that capacity he will remain involved in The Capital Campaign and in other fund-raising activities.

Mrs. Claflin was appointed to the Board of Trustees in 1973 by then Governor Francis Sargent, but her connection with the MGH dates to 1958, soon after moving to Boston. Invited by her husband's aunt to join the Ladies Visiting Committee,

(continued on page 4)

Richard Logan Named New Medical Records Director

Richard C. Logan has been appointed Director of Medical Records, succeeding Joyce Gormley, who retired last year.

Mr. Logan most recently was Director of Quality Assurance and Risk Management at Newton-Wellesley Hospital. Prior to that, he was Director of Medical Record Services there.

He has an MBA degree from Suffolk University and is a Registered Record Administrator.

Conversation (continued from page 1)

Yes. I think limits on our spending on health care and related activities in this country are effectively here for the lifetime of most individuals currently around.

Has the issue of cost containment been the biggest problem you've faced in the two years you've been here?

I'd say cost containment has been a major element in almost every problem we've had to deal with.

How important are the proposed building plans to the future of the hospital?

I think the Mass. General's first need will be to assure the continued superior quality of its caring teams, the people who really are the backbone of our professional programs. I believe that attracting and retaining those kinds of people and the patients who seek their care will ultimately require a modernization of the physical plant. I don't think we can make the assumption that because we have the best professionals that people will endure an increasing level of personal discomfort just to come to the General. Because, while there may not be very large numbers of people of equivalent stature and quality, there are others of equivalent stature and quality in many disciplines elsewhere in the country. So I think it's going to be very important to be certain that we have an attractive environment for our patients and our professional caretakers. Secondly, I think we need to modernize our plant because operating the existing one is costly. I'm personally convinced that we ought to be able to operate an equivalent number of beds in a more modern plant in a more cost effective manner.

And tied into this is The Capital Campaign?

And tied into this is The Campaign to replace essentially 640 beds and to modernize the remainder of the 1,082 beds that currently need modernization.

Can you describe how the hospital has begun a dialogue with its neighbors in order to bring about this planned construction?

Back in our early discussions with the B-R-A (Boston Redevelopment Authority) it was agreed that we should, first and foremost, enter into negotiations with that agency as to what would be acceptable from the point of view of city planners regarding the new buildings necessary to accommodate the new beds, and for additional research space. As soon as we got the signal from the B-R-A that they were reasonably comfortable with what was proposed, and this occurred after a long series of negotiations with them, it was agreed that we should turn to our abutters and make them aware of what was being planned and give them an opportunity to react. This was in the fall of 1983. We then went to the Beacon Hill Civic Association, the Cambridge Street Development Corporation, the ownership of Charles River Park, and shortly after that, to the Blackstone apartment residence. The C-S-D-C, Beacon Hill Civic Association, the Blackstone, all after appropriate consideration of the issues and some response on our part to their concerns, gave us their endorsement of what we proposed to do. The outstanding issue remains with the Charles River Park ownership.

> *"The environment abounds with bright, able competent people..."*

Do you think MGH employees can help in this process?

Yes, I do. I think the employees, many of them, are residents of this city. They have proven, time and again, to be loyal to the institution. And I think they understand, as well as any group could, the shortcomings of the existing plant for the care of patients. And I think communicating the reasonableness of what's proposed to the community at large and to the political community that will ultimately have jurisdiction is a very important function. We need advocates. And I would hope a large percentage of our employees would prove to be effective advocates for the hospital.

What is the time frame for this project?

We couldn't get started in less than three years. And the first tower would take another 30-36 months to construct. The second tower is about 30 months. So we're talking about nine or nine and a half years to do it.

When it comes time for you to leave the MGH, what legacy would you like to leave behind?

I would like to be able to say that my tenure was a period in which the professional competence and stature of the institution was not only maintained, but enhanced, and that goes for all areas starting with patient care, education, and research. This is an institution that has acquired the position of one of the nation's premier institutions. And it's very important to me that we maintain that and that we enhance that position.

What makes the MGH so special?

The people. The quality of the people. The environment abounds with bright, able, competent people, who I think are bound together in a fascinating way to a standard of excellence, which is bound together in a spiritual way to a standard of excellence. And that's what's special about the General, to me. It really is a unique place.

Nurse Recognition Day Breakfast

Medical Treatment to Go

(part two of a two-part series)

For air travelers who may need special health precautions, the MGH's Logan Airport Medical Station has joined forces with the hospital's Infectious Disease Unit to expand its longstanding Travelers' Advisory Service. "Beginning July 1," explained Medical Station Director Dr. Terrence A. O'Malley, "we will combine efforts with the Infectious Disease Associates to administer immunizations and protective treatment to prospective travelers and to treat patients who have acquired infections abroad. A computerized listing of travel requirements and recommendations has been developed and will be constantly updated."

Dr. O'Malley added that if you are planning a trip outside the country, you should be seen at least six to eight weeks prior to your departure in order to complete any required vaccinations.

Another new program conducted by the MGH-Logan unit is the Women's Health Care Program. Begun in January, this project makes available to the 6,000 women who work at the airport such services as health maintenance, cancer screening, and nutritional counseling. "Last month we offered a breast examination for cancer screening," said Jean Delaney, clinical nurse leader at Logan. "The exams were available to all working women at the airport."

Although many people who come to Logan Airport enjoy flying, Ms. Delaney was quick to point out that she has seen many others who don't quite share that enthusiasm for the friendly skies. "We had one person who came in here very early one morning. Even though he didn't admit it at first, I knew why he was here. He was afraid to get on the plane."

Logan Medical Station nurse practitioner June Carroll giving one of many inoculations she will administer during the course of an average week

Ms. Delaney explained that although she and the other nurses see several such people over the course of a year, there is not much they can do about it at take-off time. "They can take a mild tranquilizer," she said, "but the fear of flying is something that really has to be overcome before they come to the airport."

Nevertheless, those who work at the Logan medical station say there's something very exciting about an airport. "There's a certain mystique about the place," said Ms. Delaney. "You never know whom you're going to see or what's going to happen."

Just ask Marie Kerrigan. She is now a nurse practitioner in the Staff Clinic. But for more than 17 years she had worked at the MGH-Logan Medical Station. "Before we moved to the Old Tower Building," she recalled, "we were located at the beginning of the airport right by a runway. We were always complaining about planes coming too close to our building on takeoff. Well, one day one of the planes did get too close and blew out all our windows. Everything also fell down from our shelves. We made sure they never got that close again."

A Baker's Delight

His philosophy was "Never say Never." And he never did.

That's why Larry Stevens was so popular. One thing he especially had difficulty doing was saying no. He could never say no to his coworkers in the Department of Dietetics, to his many friends around the hospital, or to the children on the Burnham floors.

So on the occasion of his retirement after 25 years as Baker in the MGH Bake Shop, people stopped to remember their colleague and friend.

Some of the words and phrases used were "unselfish," "always willing to teach others," "innovative," and "someone who loved making things for children."

There were also anecdotes, such as how he single-handedly did all the hospital's baking during the Blizzard of 1978, or how he was always trying new recipes to reduce salt and sugar.

"He helped all of us grow so much," remarked Dietitian Susan Barraclough. "He taught us things that will hopefully live with us for the rest of our lives."

So it was only fitting that among the gifts Larry Stevens received was something very special, yet very symbolic...a tree.

Larry Stevens has always been popular with the children on the Burnham floors. Here, he presents them with an Easter Bunny cake.

Padi (continued from page 1)

do you take a 2,500-year-old mummy from Boston to Springfield? Very carefully!

Actually, the process of transporting "Padi" from his glass case in the Ether Dome to a waiting hearse outside the hospital took a fairly short amount of time...less than a half hour. Emil Schnorr, Chief Conservator at the Museum, oversaw every detail of the delicate operation. But through it all, "Padi," who in ancient Thebes was believed to have been a stone cutter, remained stonefaced, amid the bright lights, television cameras, and microphones.

He didn't even seem too interested when he took his first elevator ride to the Bulfinch Building basement, past the cafeteria, and out the Phillips House. But many were certainly interested in him.

Maybe he was just camera shy. Or maybe he just wanted to go up the street to watch the Celtics.

Nutritional Highlights

by the Department of Dietetics

"The major source of calcium for most Americans is not dairy products but bone...their own!"

This statement was made at a recent National Institutes of Health conference that focused on osteoporosis, a disorder that affects 15-20 million Americans and generates approximately $3.8 million in annual health care costs.

Osteoporosis, which literally means "porous bones," is a disorder characterized by a decreased bone mass. Although there are many factors involved in causing osteoporosis, calcium plays a major role. The simple facts are if calcium intake is not sufficient to meet the body's needs, calcium will be drawn out of the bones in order to keep serum calcium levels normal.

Women are at an increased risk for osteoporosis. Women have 30% less bone mass than men and are likely to develop osteoporosis at an earlier age and to have more severe cases. Risks for postmenopausal women who are not receiving estrogen replacement are further increased because estrogen deficiency results in a significant increase in the rate of bone loss.

The effectiveness of adequate calcium in preventing the development of osteoporosis has not been adequately studied. It is generally agreed that an adequate calcium intake is a reasonable and prudent measure, however, and there is hope that it may be preventive as well.

Recommended Dietary Allowance for calcium is 800 mg. per day for adults. This is expected to be increased to 1,000 mg. for premenopausal women and postmenopausal women receiving estrogen. An increase to 1,500 mg. is expected for postmenopausal women not receiving estrogen replacement.

Getting this much calcium is possible but may be difficult, particularly for women who traditionally avoid dairy products because they think they are high in calories. Actually, an 8-oz. glass of skim milk contains only 80 calories (less than an ounce of red meat) and just under 300 mg. of calcium.

(continued on page 4)

Museum of Science Night

It was Museum of Science night and all through the place

Many creatures were stirring, each having a funny face.

You could test your skills while challenging your mind.

The possibilities were endless on what you could find.

But there were other things to handle and other things to see

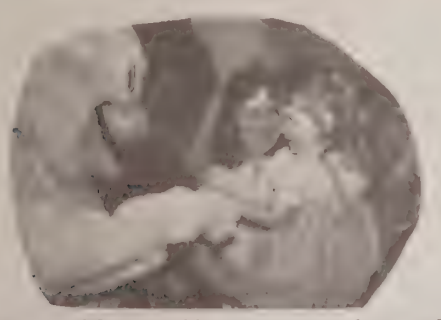
There was Batman and Big Bird, Shortcake and E.T.

Like animals from the woods and monsters as big as a tree.

When it came time for a break, there were good things to eat.

With the Cookie Monster and Kermit and, of course, Miss Piggy.

Along with many new people available to meet.



You could actually go up to them and give them a tug.

Or if you were really daring, even give them a hug.

Nutrition (continued from page 3)

Protein-fortified skim milks have slightly more calories but also have more calcium, about 350 mg. per 8 ounces. Low-fat yogurt is another excellent low-calorie source of calcium, with 300 mg. per 8-oz. serving. Cheeses have about 200 mg. of calcium per ounce but are not reasonable as a primary calcium source because they are high in calories, saturated fat, and cholesterol. Other less obvious sources of calcium are dried beans and seeds, fish with bones, canned salmon and sardines, and leafy green vegetables, with the exception of spinach, beets, and chard.

Stop by the Nutrition Service in ACC 512 for some helpful tips on how you can increase the calcium content of your diet.

But not everyone who came appreciated all that was there.

So for you, grow up fast, there's always next year.

Campaign (continued from page 1)

Mrs. Claflin became active in both the LVC and the MGH Service League. She also began to absorb, "by osmosis," she says, an understanding of the various medical divisions of the hospital.

"I developed a close relation with the doctors and nurses," she said. And I learned their aspirations, their successes, and their heartbreak over the patients they lost. It's given me a unique frame of reference as a Trustee of the MGH. I feel a part of the fabric of the place."

Mrs. Claflin is often seen visiting patients, meeting house officers, or touring laboratories to keep in touch with MGH research. And at Christmas of 1980, when a Boston Edison steam failure cut heat to the hospital for over 12 hours in below zero weather, it was Mrs. Claflin who visited the patients to let them know that the Trustees were concerned.

Mrs. Claflin has been instrumental in starting up the visiting committees of the MGH Corporation, and she's helped to organize both the Friends of the MGH Cancer Center and the Friends of the Children's Service committees. The community outreach of the MGH is another special interest. She met with concerned groups at Logan Airport and in Charlestown, Chelsea, and Revere as the MGH neighborhood health centers were established, and at the North End.

"Fund-raising is not my forte," she said. "But if I can help it to be done, I will. I'm constantly inspired by this hospital and the things people do in it. How crucial it is that we build the kinds of facilities our doctors and nurses need to practice the absolutely first-rate work they do. It's a privilege to be associated with these people in that sort of endeavor."

THE MGH HOT LINE

July 5, 1984

News Office, Bulfinch 1, Ext. 2206

French-MGH Team Develops Test for Primary Liver Cancer

In a transatlantic partnership that began only eight months ago, a team of French and American scientists has found a way to detect one of the world's most common forms of cancer in its earliest, most treatable stages.

Until now, the death toll from primary liver cell cancer, or hepatocellular carcinoma, hovered near 100 percent. The tumor almost always went undiscovered until it had grown too large to treat.

Writing in the journal, Proceedings of the National Academy of Science, investigators from a renowned cancer center in Paris, L'Institut Gustave-Roussy, and the MGH reported on June 26 a method which provides extraordinary sensitivity, specificity, and rapidity in searching for these growths during their early development.

News media from around the country attended the news conference, which was held in the Ether Dome. A similar briefing also took place later in France. The announcement was one of the lead stories on both the NBC and ABC nightly newscasts and appeared as a page one story in The New York Times the next day.

This discovery raises the prospect of a screening test that can make dramatic inroads against the disease. When on occasion some other illness or an injury has led accidentally to the uncovering of small liver tumors, surgeons have been able to remove them with better than half of the patients enjoying long-term survival. By contrast death follows the customary late discovery by an average of three to six months.

Hepatitis-B viral infections create the setting for primary liver cell cancer, and it is estimated that between 250- and 300-million people worldwide carry this virus. Studies in the Far East indicate that up to 20 percent of the populations of mainland China and Taiwan are chronic carriers. The rate hovers around 10 percent in Japan and Korea and from 5 to 7 percent in the Middle East.

Dr. Jack R. Wands (left) and Dr. Dominique H. Bellet

Only .1 percent of the populations of the United States and Europe bear the virus. During the past decade, however, for some unknown reason, the rate of primary liver cell cancer was found to be particularly high in Geneva, Switzerland, and has tripled in California. Thus, even in the west, the disease constitutes a major threat.

In their journal article, the coathors--Drs. Dominique H. Bellet and Claude J. Bohuon of the French institute's Department of Biochemistry and Drs. Jack R. Wands and Kurt J. Isselbacher of the MGH's Gastrointestinal Unit--wrote that the new assay detects a blood substance, alpha-fetoprotein (AFP), using highly specific agents called monoclonal antibodies (M.A.s).

(continued on page 2)

Test (continued from page 1)

AFP is a protein normally produced in a fetus by the liver. This synthesis stops at the time of delivery or shortly thereafter. However, it may reappear in the bloodstream with the development of primary liver cell cancer or testicular cancer.

Unlike conventional, or polyclonal, antibodies which may appear in many forms at once to attack foreign organisms, much like a shotgun approach, laboratory-produced M.A.s strike a specific target, much like a rifle bullet.

Success of the assay worked out in laboratories at L'Institut Roussy and the MGH centers on two monoclonals whose unique combined properties create a sensitivity four to ten times greater than polyclonals for detecting AFP levels in blood.

In their journal article, the authors reported AFP tests on 1,747 individuals representing a broad spectrum of conditions. Some had primary liver cell cancer or acute or chronic hepatitis-B infections. Others were chronic carriers of the infection or had cirrhosis or some malignant tumor other than a hepatocellular carcinoma. And the group also included healthy subjects as so-called controls in the study.

Excluding those individuals with primary liver cell cancer, all but 5 of the 1,635 blood samples from patients tested had low AFP levels of under 20 nanograms per milliliter. Of those patients with chronic hepatitis-B and the cancer, 80 percent (68 of 85) had results greater than 200 nanograms per milliliter.

Since these findings, Drs. Bellet and Wands have expanded their test population to more than 3,000, and the results have not wavered. The researchers invited others to try the assay, but the findings always followed the same pattern.

This discovery raises the prospect of a screening test that can make dramatic inroads against the disease.

In addition to its ultra specificity, avoiding possible overlapping with other diseases, the M.A. assay requires only an hour to perform. This compares with anywhere from 6 to 16 hours needed for an AFP measurement using conventional antibodies.

If a positive alpha-fetoprotein test indicates the likelihood of cancer, one can then prescribe an ultrasound exam or angiography, a special X-ray procedure that uses contrast material to make blood vessels visible on film. Such tests can pinpoint the location of the tumor and determine its size in preparation for surgery. Their cost, ranging up to $300 to $500, and other factors make them impractical as a screening tool.

The transatlantic partnership that led to the new assay began only last September when Dr. Bellet arrived at the MGH to collaborate with Dr. Wands and the Chief of the Gastrointestinal Unit, Dr. Isselbacher.

Funding their study were the National Institutes of Health and a private institution in France, Fondation Pour La Recherche Medicale.

During the next several months the assay will be evaluated in Taiwan and also in collaboration with another group of scientists in the United States. Drs. Bellet and Wands said they are hopeful that a French and an American company will team up to make the test available in a commercial format for general use.

THE MGH HOT LINE

July 12, 1984

News Office, Bulfinch 1, Ext. 2206

MGH Building Plans Win BRA Approval

The Boston Redevelopment Authority has voted 5-0 to approve the MGH's request to build new patient care structures.

Before making the decision, the BRA members toured the present outmoded MGH patient care buildings that would be replaced.

Dr. J. Robert Buchanan, General Director, emphasized at a June 20 hearing that new technology is making the crowded rooms of the old buildings barely usable. Kenneth Taylor of Hoskins Scott Taylor and Associates, a Boston architectural firm, explained the need to stage the project to permit patient care to continue during construction. He also described changes made by the MGH to accommodate nearby residents.

One of the people speaking in favor of the MGH proposal was Adele Corkum, RN, a retired head of the Baker Building and a resident of Charles River Park.

Management of Charles River Park and several tenants and condominium owners agreed to the need for the project but objected to the present MGH plan. The Boston Globe characterized some of the persons siding with Charles River Park as "paid professional planning consultants."

Barring an appeal, the MGH plans would next have to be approved by the city's Zoning Commission.

Have Any Recipes?

Ethnic recipes are needed for a new MGH cookbook. All employees are invited to submit recipes. Please indicate the ethnic or regional background of the recipe, and send it with your name and department to MGH Cookbook Committee, in care of the hospital's Post Office in the Gray Building basement.

Change in Benefits

The Benefits Office is pleased to announce that, effective July 1, Union Mutual TSAs will earn 12% interest guaranteed through December 31, 1984 on all deposits made to your account since October 1, 1981. For those who elect a monthly interest payment at the age of 65 or after 1990, there will be a $100 per year limit on the 1/2% reduction in interest applied under this option.

Trustee Remembered

Elizabeth (Betty) Dumaine, a graduate of the MGH School of Nursing, who later became the second woman ever to be named a trustee of the MGH, died on June 15, at the age of 84. She had been in a coma since suffering a massive stroke in March. In 1934 she became an MGH trustee, succeeding the late Pauline Revere Thayer. Miss Dumaine later became a member of the corporation. A lifelong benefactor, Miss Dumaine used much of her wealth and energy for medically related uses around the world. In 1981 she received Thailand's highest honor for having helped the royal family to organize a volunteer Flying Doctor's service to that country's mountain people. She was the first foreign recipient of that award. According to family members, her proudest achievement was her work with the Princess Mother of Thailand Charities Foundation, which she founded with the Princess Mother of Thailand, with whom she went skiing when they both attended the Low Heywood School (now the Westover School) in Greenwich, Connecticut. But Miss Dumaine may best be described through one of her favorite slogans: "Do it now; talk about it later."

You Could Make a Difference

Karen Minyard, Patricia Murphy, and Carlyle Flash, three MGH employees, have found a home with CASA. CASA, which stands for Court Appointed Special Advocate Program, helps children in the Boston area who, for reasons of abuse and neglect, are not living with their families. In response to a story about CASA appearing in the October 6, 1983 HOT LINE, Ms. Minyard, Ms. Murphy, and Mr. Flash contacted the Boston Juvenile Court and have since become volunteers. "They have been valuable members of the program," said Emily Rockwell, Program Assistant. "We could certainly use more people like them." These volunteers, in addition to the welfare specialists, independently evaluate and advocate what is in the best interest of the child, doing this as an official representative of the court. If any employee thinks he or she might want to volunteer, please call Program Director Pat Walsh at 725-8535.

Quoted in the press recently were:

Dr. John Growdon, Neurology, in THE BOSTON GLOBE on Alzheimer's Disease

Dr. George E. Thibault, Medicine, and Dr. Albert G. Mulley, Medicine, in THE NEW YORK TIMES on intensive care

Dr. Kim Nguyen, Medical Resident, in THE BOSTON HERALD on sunburn

An Award Winner!

Andre Baget, a biomedical technician at the MGH, had not heard about the Home Magazine Photography Contest until relatives from Los Angeles sent him the contest rules and an entry blank. A short time later, officials of the contest sent something to Mr. Baget--second prize in the Black-and-White category. Mr. Baget's award-winning picture shows him running along railroad tracks with many birds flying by. He set his camera and used a timer to trigger the shutter as he ran. "The tracks are near an interstate highway," he explained, "and the sounds of passing trucks caused the birds to take flight." It took him 20 tries to capture just the right image.

Michael Biales, an operator in the Communications Office, had his art work reviewed recently in the Cambridge Chronicle.

Around MGH

Pat McGurty of the Office of Training and Development has received the Boston University Metropolitan College Alumni Scholarship. This award is given each year to a student who has combined professional work and personal life with academic achievement and community service.

Recent Retirements

Our best wishes go out to the following employees who have recently retired:

Malcolm McLean, Facilities Engineering, 44 years
Peter E. MacInnis, Maintenance Operating Engineer, 32 years
Marion T. Hodges, Ortho Clinics, 28 years
Mabel Harris, Central Supply, 20 years
McDonald McBride, White Building Nursing, 19 years
Maina M. Julian, Phillips House Nursing, 17 years
Alberta MacDonald, Post Office, 17 years
Mollie Pearlstein, Materials Management, 17 years
Barbara G. Kline, Clinical Administration, 16 years
Inez M. Mantini, Medical Records, 14 years
Peter J. Kalin, Metal Shop, 13 years
Joe W. Cowans, Linen Control, 11 years
Claire R. Henneberry, Urology, 10 years
Ruth McLean, Credit & Collection, 10 years
Peter A. Grieco, Environmental Services, 8 years

THE MGH HOT LINE

July 19, 1984

News Office, Bulfinch 1, Ext. 2206

Dr. Peebles Named Special Advisor For Health Policy

Dr. Thomas C. Peebles, Director of Education in the MGH's Children's Service, has been appointed by U.S. Secretary of Health and Human Services Margaret Heckler as her Special Advisor for Health Policy. In making the announcement, Secretary Heckler noted that Dr. Peebles has been advising her for some time on an informal basis. "Dr. Peebles brings to his new position expertise in dealing with issues that reflect both the practical and the human side of medicine," said Mrs. Heckler. "He will provide me with additional access to the opinions and recommendations of health care providers and professionals as I deal with issues of medical policy." Dr. Peebles, who has held numerous positions in the MGH Children's Service since beginning as an intern in 1951, has served as a member of the American Board of Pediatrics and as a Diplomat of the Academy of Pediatricians.

If You Need an ID Badge

Employee Identification Badges will be prepared in the Staff Records Area (Bulfinch 2) only on Tuesday and Thursday of each week, between the hours of 10:00 a.m. and 3:00 p.m. This schedule conforms to the hours that identification photos are being taken by the Security Office.

Discussion Group

The Social Service Department will be offering a discussion group for couples in which one member has suffered a recent heart attack. This group begins on August 17 and runs for eight weeks. If you are interested in attending, please contact Sylvia Cybuch, MSW, at Ext. 2633, or Deborah Hughes, MSW, at Ext. 2613.

Composer Remembered

Noted composer Randall Thompson died on July 9 in the MGH's Phillips House at the age of 85. A professor emeritus of music at Harvard, Mr. Thompson was best known for his choral works. He also composed symphonies, string quartets, and operas. Many of his compositions received worldwide acclaim. He was a trustee of the American Academy in Rome and in 1965 was awarded the Signet Society Medal for contribution to the arts.

Softball Standings

Paint Shop	7-1
Electric Shop	7-1
Doctors	4-4
Personnel	1-6
Refrigeration	1-8

Leading Home-Run Hitter
Ron Bonpane, Paint Shop, 9 HRs

Leading Pitcher
Orazio Martinello, Electric Shop, 7 wins

MGH in the Media

Dr. Robert Graham of the MGH's Hypertension Unit appeared recently on WNEV-TV (Channel 7) to discuss how salt may affect high blood pressure.

Dr. Christine L. Oliver, co-director of the Occupational Medicine Clinic, was interviewed recently by WGBH-TV (Channel 2) about the properties and toxicity of arsine gas, used in industry.

Evelyn Olschewski, Director of the Communications Office, appeared as the cover story in the June 6, 1984 issue of "Computerworld on Communications" magazine.

Around MGH

The March/April, 1984 issue of the Journal of the National Intravenous Therapy Association features an article entitled "A Patient-Staff Group for Long-term IV Therapy Patients," written by Anne Berry, psychiatric clinical nurse specialist at the MGH, along with two former staff nurses.

Dr. Barbara J. Bobeng, Director of the Combined Dietetic Internship-Graduate Degree Program at the MGH Institute of Health Professions, and Dr. Mary Ruth Bedford, a Professor at the Institute, contributed to the June issue of The Journal of the American Dietetic Association. Dr. Bobeng wrote the commentary "Foodservice Systems Management: Current Views." Dr. Bedford wrote a paper entitled "The Affective Domain: Behaviors Important in Entry Level Practice."

Dr. Leonard Marcus, an Assistant Professor at the MGH Institute of Health Professions, has presented a paper entitled "Discharge Planning: An Organizational Perspective" at the National Association of Social Workers, National Health Conference in Washington, D.C.

Dr. Oliver Cope, Senior Surgeon, has received two honorary degrees--a Doctor of Humane Letters from Haverford College on May 21, and a Doctor of Science from the University of Rhode Island on May 27.

Ann Handy, R.D., M.S., Clinical Dietitian in the Vincent Building, recently spoke at Prime Computer in Framingham about Diet, Nutrition, and Cancer. The talk was sponsored by the American Cancer Society.

Dr. Deanna Pearlmutter, Chairman, Psychiatric Nursing Service, was the guest speaker recently for the Nurse Recognition Day celebration "Collegiality in Nursing" at Worcester Memorial Hospital.

John Donovan and Joan Ricchia of the MGH Printing Department coordinated and helped in implementing a Skill Olympics contest in graphic communications. The competition was sponsored by the Massachusetts Vocational Industrial Clubs of America. The V.I.C.A. Skill Olympics competition was held this spring at the Greater New Bedford Regional Vocational Technical High School. Mr. Donovan was chairman of the graphic communications committee.

Dr. Thomas J. Flotte and Dr. Douglas S. Ross, both from the MGH, are among local scientists who have been awarded postdoctoral research fellowships from The Medical Foundation. Dr. Flotte is an assistant in Pathology, while Dr. Ross is a clinical assistant in medicine in the thyroid unit. Established in 1957, The Medical Foundation is a voluntary, nonprofit agency that seeks to improve health and advance medical knowledge through research and education.

A Letter of Thanks

The MGH often gets letters from patients in appreciation for the care they have received here. And this is one such letter:

"I want to commend you highly on the very great and generous treatment I received at this very fine hospital. All the staff are very wonderful people. They are marvelous in giving all the comfort they can to those of us who are perplexed, confused, and ill. I was one of these. I thank you one and all and want you to know that you are in my daily prayers. That is the best way I know to say 'Thank you, God' through the Mass. General Hospital."

Sincerely,
Mrs. Phyllis Rubin
Bigelow 9-10

July 26, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

MGH Security Officers being sworn in as Deputy Sheriffs of Suffolk County by Sheriff Dennis Kearney during ceremonies in the Walcott Room

Security Officers Become Deputy Sheriffs

For years, the MGH and the Suffolk County Jail (Charles Street) have been neighbors. Now, they are partners in a fight against crime.

Thirty-nine MGH Security Officers were sworn in as Suffolk County Deputy Sheriffs on Thursday, June 28, at the MGH by Suffolk County Sheriff Dennis Kearney.

Although Security Officers at other major institutions in Suffolk County have been deputized over the past three years, the swearing in of the MGH Security Officers marked the first time in the state's history that officers employed by a hospital have ever been deputized.

"We believe this program will increase the effectiveness of our department while at the same time improving public safety in Boston and throughout Suffolk County," said Joseph Gately, Director of the MGH Security Department.

"Up until now," explained Mr. Gately, "the MGH officers have enjoyed the same authority as local police. They could make arrests, stop people for questioning, and seek criminal complaints in court. However, their police powers were limited to locations in and upon the premises of the MGH and its satellite facilities in Charlestown, Chelsea, Revere, and the Medical Station at Logan Airport. As Deputy Sheriffs of Suffolk County, our officers will be able to exercise their police powers anywhere in the county, as long as they are on duty and are on hospital matters."

All of the MGH officers who were sworn in as Deputy Sheriffs have undergone training at the State Police Academy or have taken

(continued on page 3)

Party for Surgical Nurses

No one was being promoted. No one was leaving. No one was retiring. And yet there was an important reason for having a party.

"It was to say 'thank you,'" explained Dr. Karen Johnson, Chairman of the General Surgical Nursing Service. "Often when working with a group of professionals who are expected to demonstrate excellence in care on a daily basis, it is easy to forget to say 'thank you.' We didn't want to forget."

So on June 14, Dr. Johnson along with the head nurses, Evening and Night Supervisors, Clinical Leaders, and Unit Teachers in the Surgical Nursing Service prepared and served breakfast to night and day staff and bought and served a

(continued on page 2)

MGH Makes Its Debut *"On Broadway"*

"They say the neon lights are bright on Broadway, On Broadway.

They say there's always magic in the air. On Broadway."

On June 1 magic certainly was in the air as the MGH opened on Broadway...Broadway in Revere, that is. That's where ceremonies were held marking the official opening of the MGH-Revere Health Associates' new home at 300 Broadway.

Located in a 4,200 square foot area inside the city's main Post Office, the health center is situated in the center of Revere, across the street from city hall. The historic building, constructed in 1938, has just been renovated and sold as office condominiums.

The opening day celebration began

(continued on page 3)

New Team to Manage LVC Shops

As of August 1, a new management team will guarantee that the MGH Shops continue to meet the needs of the hospital.

Mrs. Lois Cheston, Chairman of the Ladies Visiting Committee, has announced that Constance L. Thibodeau, Chairman of the Flower Shop, has been elected Chairman of the LVC Shops, which include the General Store, the ACC Gift Shop, the Flower Shop, and the Beauty Shop.

Dr. J. Robert Buchanan, General Director, has appointed Maeve Blackman as the administrative representative for the shops. Mrs. Blackman is the Director of the Volunteer Department, which has 500 people per week working in 48 areas of the MGH. One hundred and eighty-five of these volunteers work weekly in the shops.

The new management team of the LVC Shops. (Left to right) Lesley Kaufman, Constance Thibodeau, and Maeve Blackman

Lesley Kaufman has accepted the full-time staff position as Director of the LVC Shops. She will be responsible for management of the shops on a daily basis. For the past two years, Mrs. Kaufman has served as Accounts Manager for the shops. She brings to the job experience in the field, as well as a background in retail management and fiscal affairs. In addition, she has an MBA degree in Hospital Administration.

Judy A. Paige will be resigning as Director of the LVC Shops to accept a new opportunity. Under her guidance the LVC Shops thrived. The Flower Shop opened, the General Store expanded, and the Beauty Shop also grew. Mrs. Paige will assume a position in Executive Sales at the Bank of Boston but will continue to volunteer at the MGH in a part-time capacity.

"We are looking forward to a smooth transition and continued outstanding success in our shops under this new team, which is fully prepared and capable of managing these operations," remarked Mrs. Cheston. "We are deeply grateful to Mrs. Paige for her superb leadership over the last 12 years."

Dr. Karen Johnson (second from right) with some of the people to whom she wanted to say "Thank You"

Thank You (continued from page 1)

pizza supper to members of the evening shift.

Muffy Lutzin, a Recreation Therapist, brought a decorated cake for the occasion.

"Although nurses on the service are appreciated every day for their unique contributions to the surgical patients' recovery in the areas of patient advocacy, teaching, and combining technical competence with the human touch," said Dr. Johnson, "these two parties were ways of saying thank you to the nurses for dedicating themselves to accomplishing the goals of the General Surgical Nursing Service on White 6 and 7, Bigelow 12 (Burn Unit), Baker 8 and 10, Phillips House 5, 6, 7, and 8, and the Kidney Transplant Unit."

Allograft Procedure Saves Student's Leg

A 19-year-old Egyptian student is recuperating at home today following surgery performed at the MGH to save her leg.

Mona Sorour came to the MGH to avoid amputation of her left leg because of a malignant tumor in her thigh bone. The complicated operation, carried out by a team of surgeons headed by Dr. Henry J. Mankin, Chief of the Orthopaedic Service, involved removing the cancerous bone and replacing it with a bone from a deceased donor. Bone transplantation (allograft) surgery is performed at only a handful of medical centers in the world.

Last year, Miss Sorour, a student at Cairo University, began feeling discomfort in her left thigh. By October her leg had grown so painful that she sought medical advice in Cairo. Dr. Hussein Ibrahim, Professor of Orthopaedic Surgery at Cairo University, performed a biopsy and found a malignant tumor in the bone just above her left knee.

In Cairo, as in most other cities in the world, such a diagnosis would mean amputation of her leg. But Dr. Ibrahim, who had met Dr. Mankin when the Cairo doctor visited the MGH a few years ago, believed that the Boston surgeon might be able to save Miss Sorour's leg. Through a colleague at Cairo University, Dr. Ibrahim contacted Dr. Hassan H. Ali, an MGH anesthesiologist, who arranged the trip and acted as interpreter for the family during their stay in Boston.

Cancer and amputation are difficult for any 19-year-old to accept. For a young woman in Arabic culture, loss of a limb has very negative social implications as well.

"Of course I was frightened," said Miss Sorour, who is studying English in order to teach the language in Egypt. "I was afraid of what might happen to my leg, but also Boston is so far from home." Her parents, Mohey Sorour and Hoda Mohamed, accompanied their daughter to Boston and stayed with her during her convalescence.

Mona Sorour was Dr. Mankin's 219th patient to undergo a bone transplant since he began performing the arduous surgery in 1971. "Her tumor was one of the largest we've seen in a long time," said Dr. Mankin. "We discovered that the tumor had encased the artery and major vein in her leg, and so we had to remove them as well." Dr. David C. Brewster and his team of vascular surgeons took the saphenous veins from Miss Sorour's other leg and grafted them to the remaining portions of the artery and vein in her left leg (in the same way veins are taken for coronary bypass surgery).

Mona Sorour and Dr. Henry J. Mankin, Chief of the Orthopaedic Service

Miss Sorour's cast has now been replaced by a brace, which she will wear for several months. She is walking with the help of crutches.

"Long-term follow-up is often difficult," said Dr. Mankin in describing an added problem in treating foreign patients. Although he has been known to combine meetings outside the U.S. with "house calls" to such places as Rome and Greece, he often relies on the cooperation of doctors in the patient's own country to follow the recovery for an extended period.

"Eighty percent of our patients have had good to excellent recoveries," said Dr. Mankin, "with few or no restrictions on their physical activities once they have healed. We're quite pleased with the results. Even so, complications can be a real problem so that we select our patients carefully."

A crucial factor in the success of the surgery is, of course, an adequate supply of donor bone. When Dr. Mankin began performing the allograft procedure in 1971, he opened the hospital's bone bank. The bank currently has an inventory of 300 bones in its freezers. However, those most often needed--thigh, shin, and upper arm bones--are in particularly short supply. As with organ donors, the criteria for accepting donor bones are strict. Dr. Mankin estimates that there must be three or four donor bones each month to support the MGH allograft program.

For Mona Sorour and other patients like her who are faced with amputation, an allograft offers the best hope for a full recovery and a normal life afterward.

Lu Bing, Director of Nursing at Shanghai Sixth Hospital, was the guest recently of the MGH Department of Nursing. At a reception in the Sweet Room, Ms. Bing presented a film on nursing in China and answered questions for the nurses in attendance. Those of you who were members of Dr. Charles Sanders' tour of China several years ago may remember meeting Lu Bing's husband, Dr. Xu Jia Yu, who is a Professor of Medicine.

The Spending of "Illegal Tender"

"Illegal Tender" turned into a lot of very legal tender for the Vincent Club...$60,000 in legal tender!

"Illegal Tender" was the name of the 1983 production put on by the Vincent Club, which produces a show each year to benefit the Vincent Memorial Hospital and Research Laboratory, the gynecological unit of the MGH.

Last year's Vincent Show, the program of ads, and members' dues raised $60,000, which the members used to buy a Centrifuge Machine, which separates blood and particles by centripetal force.

Members had a chance to see their donation in action recently when they were taken on a tour of the Vincent Memorial Hospital and met with Dr. James H. Nelson, Director, and Drs. Arlan Fuller and Janet McArthur.

The 1984 Vincent Club gift is $80,000. The Club has an estimated 1,500 members worldwide.

Three members of the Vincent Club with the gift they presented to the Vincent Memorial Hospital. (Left to right) Mrs. Edward W. Bickford, Mrs. John Stakes, and Mrs. Kenyon B. Hodge

Mamie Foley of the MGH-Revere Health Associates drawing blood from patient Marianne Dias

Revere (continued from page 1)

at noon with a formal ribbon cutting ceremony. Speakers from the MGH included Dr. J. Robert Buchanan, General Director; Dr. Roger Sweet, the Neighborhood Health Facilities' Medical Director; and Robert Tonner, Administrative Director of the Neighborhood Health Facilities. Also expressing words of welcome was Revere Mayor George Colella.

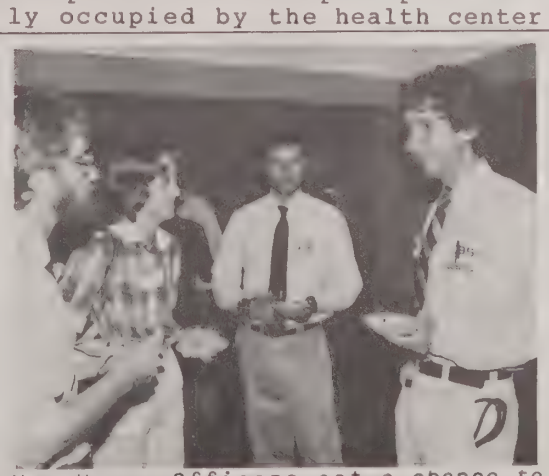
Among the guests who attended were Mr. Francis H. Burr, Chairman of the hospital's Board of Trustees; Jane Claflin, a trustee; Lawrence E. Martin, Associate General Director; Gellestrina DiMaggio, Associate General Director and Director of Nursing; Stephen Kauffman, Director of Operations; Kathi Tracey, Associate Director of Nursing for Ambulatory Care: and Myle Holley, Administrative Director of the Ambulatory Care Division.

Savann Chen (right) helps interpret for Ngop Vim, who is being examined by Dr. Anne McKinnon, a physician at Revere.

Later in the afternoon the MGH-Revere Health Associates opened its doors to the public at an open house. The theme of the open house was "Here's to your summer health." Among the activities offered were free health screenings, question-and-answer sessions with staff physicians, exhibits, films, demonstrations, and games for children.

Those who attended the day's festivities also got a taste of Asia, as a Cambodian reception was catered by Savann Chen, Cambodian interpreter at Revere. The Venerable Maha Ghosananda, an ordained Cambodian Buddhist Monk, attended the reception and conducted a prayer service in honor of the new facility. He also gave the center a Cambodian Buddhist flag, which now hangs in one of the offices.

An influx into Revere of some 1,500 Southeast Asian refugees in recent years underscored the need to expand the health center in Revere. "Our patient volume increased to the point where the space previously occupied by the health center was no longer adequate to deliver patient care," explained Administrative Director Robert Tonner. He added that the new facility has increased the number of examining rooms from five to nine, while providing larger waiting areas.



New House Officers got a chance to become acquainted with each other at a reception held in their honor.

The Revere Health Associates began service in 1976 as a free-standing health center. In 1981 it was purchased by the MGH. All physicians hold joint MGH-Harvard Medical School appointments, and all nurse practitioners, dietitians, and social workers are certified in their fields and are employed by the MGH.

The MGH unit is staffed with specialists in internal medicine, pediatrics, obstetrics and gynecology, podiatry, nutrition, and clinical social service. Physicians at Revere work closely with the staff at the Chelsea Memorial Health Care Center of the MGH, which provides X-ray, laboratory work, and Emergency Room care around the clock.

But if you are in Revere and need medical help any time Monday through Friday from 8:30 a.m. to 5:00 p.m., you'll find it "On Broadway."

Deputies (continued from page 1)

classes at the Massachusetts Criminal Justice Training Council and are fully licensed. The deputization program is limited to those officers who are licensed by the Massachusetts Commissioner of Public Safety as Special Police Officers.

The Deputy Sheriff Program was instituted by Suffolk County Sheriff Dennis Kearney in 1981 and now encompasses 189 institutional security officers at Boston University, University of Massachusetts (Boston Campus), Northeastern University, and the Harvard Medical School complex, including the School of Public Health.

"We have been very pleased with the success of the program," remarked Sheriff Kearney. "It has helped to improve public safety at the institutions, in the City of Boston, and across Suffolk County. It gives the officers the power to make arrests when they witness the commission of a crime off their property and protects the institutions from civil suits."

Sheriff Kearney also pointed out that over the past three years there have been a number of instances in which college and university security officers made arrests made possible by being deputized.

The MGH officers will serve as Suffolk County Deputy Sheriffs as long as they are employed by the hospital. Their Deputy Sheriff commissions will coincide with Sheriff Kearney's term of office.

MGH Volleyballers in Action

Nutritional Highlights

by the Department of Dietetics

"Now sweetened with NutraSweet!"

We've all heard this proclamation quite a bit recently. The fanfare with which NutraSweet has been ushered into our food supply is clear evidence that many consider NutraSweet to be the miracle of the 80s. Consumers may be confused, however, because some groups have raised concerns about the safety of NutraSweet.

The history of this artificial sweetener is somewhat bittersweet. Knowing the facts will allow consumers to make educated decisions about its use.

NutraSweet is the trade name used for the artificial sweetener "aspartame." Aspartame is produced and distributed by G. D. Searle & Co. Most NutraSweet is used as an added ingredient in foods and beverages. A tabletop sugar substitute called EQUAL is also available.

Aspartame is a synthetic combination of two amino acids and was discovered by accident when a scientist licked his fingers while working with the two amino acids. Aspartame is processed by the body as a protein. (Proteins are made of amino acids.) Therefore, it does not promote tooth decay; it is safe for diabetics, and it has no bitter aftertaste. Aspartame is 200 times sweeter than sugar, so you need less aspartame to produce a comparable sweetness--that's why foods and beverages made with aspartame have fewer calories than similar foods with sugar.

Aspartame was first approved by the Food and Drug Administration in 1974. After controversial studies with laboratory animals, this approval was revoked in 1975. After extensive reinvestigation, aspartame was reapproved in 1981 for use as a dry food ingredient. Approval for use in soft drinks was granted in 1983.

Aspartame may have a clean bill of health as far as the FDA is concerned, but there are some problems that consumers should be aware of.

Products containing aspartame should be avoided by children with phenylketonuria (PKU). Products containing aspartame must carry a warning label about this problem. Pregnant women who have difficulty metabolizing phenylalanine should also be cautious about aspartame-containing products. Some investigators have linked aspartame to neurochemical changes such as brain lesions and functional and behavioral disorders. These studies have been viewed as inconclusive by most other groups.

Consumers should also be aware that aspartame is unstable under conditions of prolonged or high heat and is therefore unsuitable for use in baking. Aspartame also breaks down in liquids. Soft drinks sweetened with aspartame have a limited shelf life and should not be stored at temperatures above 86 degrees for extended periods of time.

Charges have been brought against G. D. Searle & Co. that the aspartame in soft drinks may decompose to toxic levels of methyl alcohol. This problem was detected in soft drinks that were stored for a few weeks at temperatures near 100 degrees.

The attention given to this problem as well as the suspected neurochemical changes associated with aspartame may well cause the FDA to hold a public hearing where new information on the safety of aspartame can be introduced and evaluated.

So...the ball is in the consumer's court. Extensive research has shown aspartame to be safe, at least in terms of carcinogenicity. There may be other problems, however, that have not been adequately investigated. Most health care providers feel that use of aspartame poses no significant risk for healthy individuals. It would be wise, however, to "stay tuned" for future developments.

They Speak Softly And Carry Big Sticks

Maybe they would have been better off being unknown.

For the past couple of months, the MGH Women's Softball team has been one of the best kept secrets around the hospital. But the team was certainly known around the Boston Park and Recreation League. As of the second week in July, it was undefeated, compiling a record of 9-0.

It was time for some publicity, or so some team members thought. And THE HOT LINE was glad to oblige. The game selected to be covered was against the 1310 Lounge on July 10, coincidentally also the night of the major league's All-Star game.

The MGHers began fast, quickly jumping to a 5-0 lead. But the advantage quickly dissipated in the later innings, and in their last at bat, the 1310 Lounge came up with three runs to take the lead 7-5. And that's the way it ended.

For a team that had experienced the thrill of victory nine times in nine games, the agony of defeat was a little difficult to endure. "But we're still in first place," remarked one team member.

But most agreed that on this night, maybe the all-stars in San Francisco should have gotten all the publicity.

Here's the Scoop!

Are you an ice cream lover? Did you know that Bostonians eat more ice cream per person than anyone else in the United States?

Capitalizing on that idea, the Department of Dietetics has opened its own Ice Cream Wagon--"The Scoop."

Three flavors--chocolate, strawberry, and vanilla--are offered daily, special flavors on a rotating basis. Vanilla is the most popular with close to 200 cups sold each day. "People like to put our toppings on the vanilla, especially the strawberries," said Helen Dunbar, manager of the area. "We have eight toppings, and we'll soon be adding whipped cream."

"The Scoop" is serving nearly 600 customers a day but, so far, long lines have not been a problem.

All the ice cream is made right here at the MGH by Billy Prentice, an employee with over 30 years of ice-cream-making experience. Mr. Prentice produces more than 36 gallons per day for "The Scoop," that is open seven days a week from 11:00 a.m. to 8:00 p.m. On sunny days it is located on the White Building Patio, that you can see from the Baker 1 hallway. The rain location is right inside the General Cafeteria.

A group of MGH employees getting "The Scoop" on the first day of business

THE MGH HOT LINE

August 9, 198

News Office, Bulfinch 1, Ext. 2206

Fall Courses Offered at MGH Institute

The MGH Institute of Health Professions is offering a number of graduate courses open to qualified health professionals who may enroll as Special Students. Courses during Term I, September 4-December 14 include:

Evening Courses

Women Across the Life Cycle

Introduction to Clinical Teaching

Labor Relations

Physiologic Response to Stress

Anatomy and Pathophysiology of Heart and Lungs

Pharmacological Intervention and Arrhythmia Interpretation in the Cardiopulmonary Patient

Anatomy and Pathophysiology of the Musculoskeletal System

Neuroanatomy

Seminar and Treatment Approaches to the Neurologically Impaired

Biochemical and Physiological Aspects of Nutrition

Materials Management in Food Service Systems

Daytime and Afternoon Courses

Normal Nutrition

Introductory Statistics

Clinical Research

Organization Dynamics and the Health Care System

Introduction to Health, Illness, and Disease

Individual Human Behavior and Development

Normal Psychosocial Growth and Behavior Over the Life Cycle

Essentials of Health Policy

Students may be eligible for Tuition Aid under the usual guidelines. For more information about enrolling as a Special Student, contact: Special Student Admissions, Bartlett 5, ext. 8010 or complete the form below:

Please send me information on Special Student status:

Name_____

Department_____

Location_____

Profession_____

Open House

The Office of Training and Development will sponsor an Open House on August 22, from 3:30-4:30 in the Patio Room to introduce employees to the Adult Diploma Program. (This program will be featured in the August 23 HOT LINE.) The staff of the Continuing Education Institute will be on hand to answer questions and set up appointments for assessment exams and interviews. If you cannot attend but would like more information about how to complete your high school education, please call Pat McGurty at Ext. 2216.

On the Links

The first half of the MGH's Twilight Golf League season is over. In first place is Team 5, with a total of 41 1/2 points. Members of the team are Bill Shea, Stan Dickie, Kurt Jahrling, and Jack Clark. The individual and net scoring leader is Betty Fillios. The gross scoring leader is Tom Rothwell.

Reminder About Discussion Group

The Social Service Department will be offering a discussion group for couples in which one member has suffered a recent heart attack. This group begins on August 17 and runs for eight weeks. If you are interested in attending, please contact Sylvia Cybuch, MSW, at Ext. 2633, or Deborah Hughes, MSW, at Ext. 2613.

MGH in the Media

Dr. Gregory Curfman, Director, Cardiovascular Health Center, appeared recently on Channel 4 (WBZ-TV) and Channel 5 (WCVB-TV) on the benefits of exercise. Both the 5:30 and 6:00 newscasts on Channel 4 carried Dr. Curfman live from the Cardiovascular Health Center. His interviews followed the death of runner Jim Fixx. Dr. Curfman was also quoted in THE BOSTON GLOBE.

BBC Radio came to the MGH recently to interview four MGH physicians for programs to be broadcast in England. Those interviewed were Dr. Garner T. Haupert, Jr. of the Renal Unit, Dr. Dorothy H. Kelly, codirector of the Pediatric Pulmonary Lab, Dr. Warren M. Zapol of the Department of Anesthesia, and Dr. Raymond N. Kjellberg of the Department of Neurosurgery.

Dr. Paul Goldenheim, a Pulmonary specialist, appeared recently on WCVB-TV (Channel 5) to talk about the effects of unhealthful air quality. He said this situation is the result of a temperature inversion that leads to increased levels of ozone and other pollutants. Ozone is an irritant to the lungs and usually is present during hot days. For older people and people with lung disorders who have difficulty breathing anyway, this additional ozone can cause serious problems. Dr. Goldenheim advised that people try to stay indoors as much as possible on days when the air is unhealthful and to use air conditioning if it's available. He also recommended that people try not to exert themselves, even if they are in good physical condition.

The MGH's new Burn Center, located on Bigelow 12, will be featured in an upcoming story on Cable News Network. Interviewed for the segment was Dr. John F. Burke, Chief of the Burn Center.

Dr. Alan J. Gelenberg, Chief of the Special Studies Clinic, was interviewed recently for the nationally syndicated program "Health Beat," telecast locally on WCVB-TV (Channel 5). He discussed lithium therapy for psychiatric patients.

Chuck Herron, a reading therapist, was interviewed recently for a documentary on dyslexia, telecast on WBZ-TV (Channel 4). Mr. Herron discussed a former patient who was dyslexic. The patient also appeared on the program.

Quoted in the press recently were:

Dr. Edwin P. Maynard, III, internist, in THE NEW YORK TIMES on computers cross-checking the use of medicines

Dr. Steven R. Levisohn, Medicine, in THE BOSTON GLOBE and UPI on exercise

Dr. Brian McGovern, Cardiology, in THE BOSTON GLOBE on exercise

Around MGH

Stephen Rizzo, a Facilities Engineer at the MGH, has won first prize in a creative design display competition. Mr. Rizzo and two of his classmates at Northeastern University designed a variable resistance weight-lifting machine. The competition was sponsored by the Engineering Design Graphics Division of the American Society for Engineering Education. Mr. Rizzo attends Northeastern at night.

THE MGH HOT LINE

August 16, 1984

News Office, Bulfinch 1, Ext. 2206

Growing a Yard of Skin From an Inch of Cells

Sheets of human skin grown in a laboratory from pieces of skin the size of a postage stamp have helped to save the lives of two critically burned young brothers.

In early July of last year at Casper, Wyoming, Jamie Selby, then 5, and his 6-year-old brother, Glen, were burned over 97 percent of their bodies when they playfully daubed themselves with paint and, while trying to remove it with a solvent, accidentally came into contact with a flame. Eighty to ninety percent of the burns suffered by each child were third degree burns in which the skin is completely destroyed.

Taken first to Children's Hospital in Denver, the boys were flown a week later by private jet to Boston for treatment at the Shriners Burns Institute. Dr. William C. Bailey in Denver knew of successful grafts at Shriners involving skin grown in the Harvard Medical School laboratory of Dr. Howard Green, Higgins Professor and Chairman of the Department of Physiology and Biophysics.

The development and successful application of the new skin technique are described in the August 16 issue of the New England Journal of Medicine.

"The boys had a few small areas of unburned skin, particularly under their armpits and in the lower abdominal area," said the principal author of the article, Dr. G. Gregory Gallico III, a plastic surgeon at Massachusetts General Hospital (MGH) and the Shriners Burns Institute. "Dr. Green was able to cultivate their own skin's epithelial cells -- the major components of its outer barrier -- expanding their number from thousands to many millions, in effect creating large areas of new skin."

Over the next four to five months, Dr. Gallico and a former colleague at the MGH, Dr. Nicholas O'Connor, now on the staff of Brigham and Women's Hospital in Boston, applied the new skin to more than half of the body surface area on each patient. Dr. Green provided approximately a square yard of skin for each boy.

In an accompanying editorial in the New England Journal of Medicine, Dr. Jack C. Fisher of the University of California, San Diego, wrote, "The logistics of skin production as reported are truly remarkable...The achievement of Gallico and associates cannot be overstated."

As the cells were being processed in Dr. Green's laboratory to produce new skin, several surgeons on the Shriners-MGH staff, including Drs. John P. Remensnyder, the Institute's Chief of Staff; William C. Quinby, and Conrado C. Bondoc, covered other open wounds with skin derived periodically from the boys' few donor sites and with cadaver skin which had been stored in a frozen skin bank, jointly operated by the MGH and Shriners.

Since the cultured skin is derived from the patient's own cells, the body does not reject it. Cadaver skin, since it is "non-self" material, is eventually rejected by the patient's immune system. However, cadaver skin and artificial skin coverings were an essential part of the treatment, protecting the patients' burned areas while the cultured skin was grown. "The youngsters could not have survived the first few weeks after the accident if people had not donated to the skin bank," Dr. Gallico said.

(continued on page 2)

Jamie and Glen responded well to their care at Shriners. Jamie has returned home and to school. Glen still needs some skin grafting on his back, but he walks about, eats well, and appears to be on the road to recovery.

"Previously in treating burn patients we had covered up to five percent of body surface area with cultured epithelium," Dr. Gallico said. "We had not anticipated covering so large a percentage of the body at this stage of our experience with cultured epithelium. But since these boys had no other hope for survival, we agreed to try."

He said the epithelium demonstrated on a large scale that it not only will adhere to a wound but, like normal skin grafts, will also guard against bacterial invasion as well as loss of body fluids. After one year the new skin has remained in place and is soft enough that the boys can walk about.

Scientists in various laboratories around the world tried as long ago as the 1950s to produce skin from epithelial cells but with very limited success. Researchers had not been able to propagate from small skin samples enough cells to cover an appreciable area of burned surface.

The basic science that led to the recent clinical achievement had its beginnings 10 years ago in the laboratory of scientists who were not attempting to grow skin cells at all but, rather, were seeking to understand cell behavior. Dr. Green and Dr. James G. Rheinwald, then a graduate student, now a faculty member based at the Dana Farber Cancer Institute in Boston, were studying the development of various cells from a teratoma. This is a tumor composed of multiple types of tissue, including those not normally found in the organ in which the tumor arises.

Dr. Green and his colleagues worked with epithelial cells from newborns and found that these cells would multiply in the laboratory very well. Gradually they refined the process and enabled cells from people as old as age 80 to grow satisfactorily into epidermis. In 1979 they successfully grafted cultures of human epidermal cells onto a strain of mice whose immune system does not reject tissue from other species.

The following year the new skin was used by Dr. O'Connor on small areas of burn wounds on two patients at the Brigham and Women's Hospital in Boston. As a result of that pilot study, Drs. Gallico, O'Connor, and Green began work at the Shriners Burns Institute, treating children with large-scale burns. In all, eight patients have been treated to date.

The process is now sufficiently developed so that Dr. Green and colleagues can, within three or four weeks, generate from a one-square-inch sample a sufficient amount of graftable epithelium to cover a patient's entire body.

Dr. Gallico, who is also Assistant Professor of Surgery at Harvard Medical School, said that in many ways cultured epithelium is very similar to split-thickness grafts (very thin sheets taken from the upper layers of the patient's healthy skin and used elsewhere to cover a wound). A principal difference is that, unlike a skin graft which has both an epidermis and dermis, the cultured epithelium provides only an epidermis.

"We believe a dermis may develop under the new covering, but in fact the dermis may not be absolutely necessary," the MGH specialist stated. "As we see the patients over the next few years, we'll be better able to assess the long-term flexibility and durability of the new skin. After one year, it appears to offer an excellent epithelial surface. But we emphasize that it is too early to make any definitive statements about the ultimate effectiveness of the skin." The availability of cultured skin raises the prospect of fewer operating room procedures for the patients, compared to standard techniques of repeated harvesting of skin grafts.

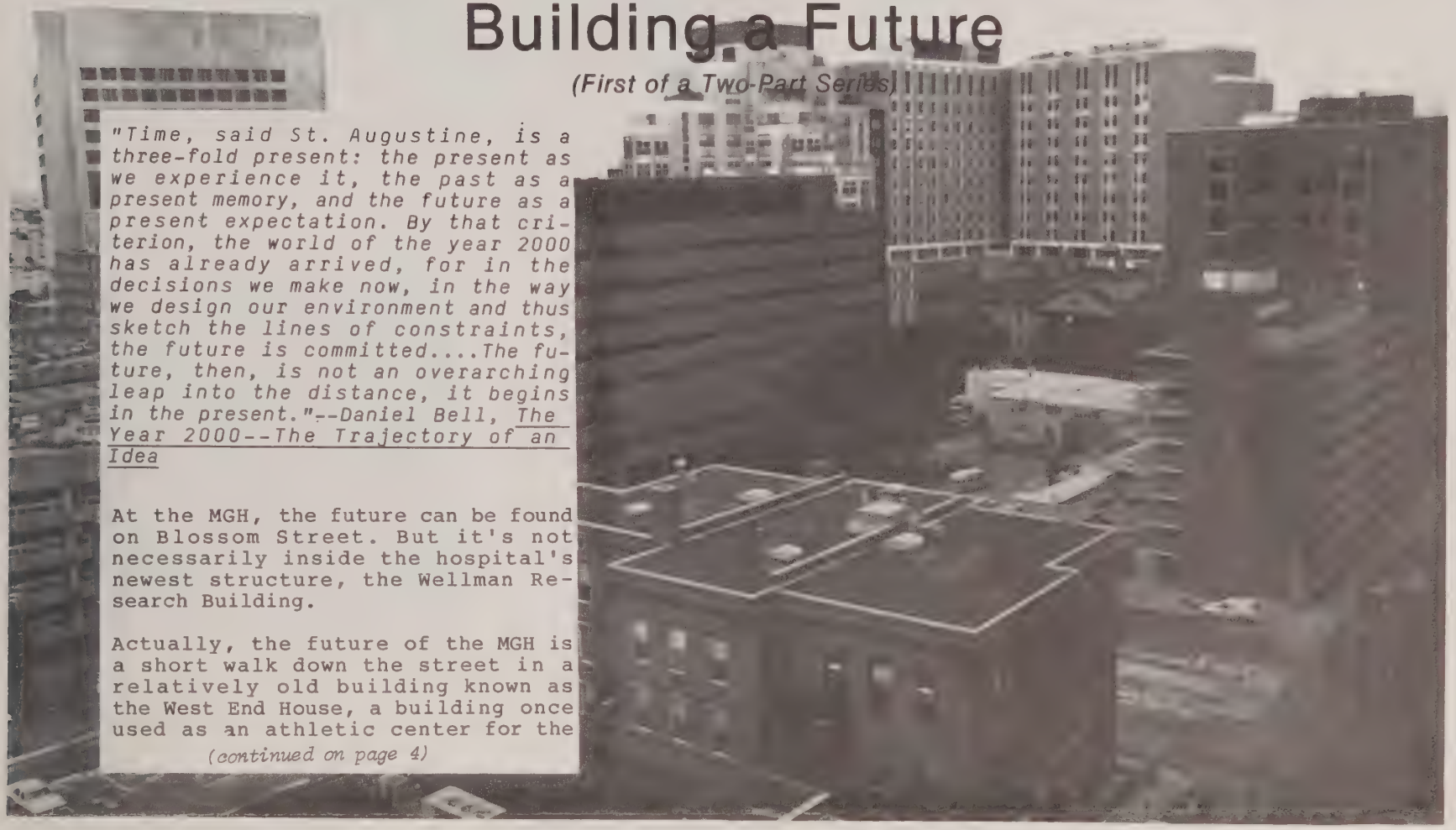
August 23, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Building a Future

(First of a Two-Part Series)



"Time, said St. Augustine, is a three-fold present: the present as we experience it, the past as a present memory, and the future as a present expectation. By that criterion, the world of the year 2000 has already arrived, for in the decisions we make now, in the way we design our environment and thus sketch the lines of constraints, the future is committed....The future, then, is not an overarching leap into the distance, it begins in the present."--Daniel Bell, The Year 2000--The Trajectory of an Idea

At the MGH, the future can be found on Blossom Street. But it's not necessarily inside the hospital's newest structure, the Wellman Research Building.

Actually, the future of the MGH is a short walk down the street in a relatively old building known as the West End House, a building once used as an athletic center for the

(continued on page 4)

A First...

The first Master of Science degrees in Dietetics were awarded August 3 at the fourth graduation ceremony of the MGH Institute of Health Professions.

Master of Science degrees in Physical Therapy and Graduate Certificates in Social Work in Health Care were also awarded.

Dr. J. Robert Buchanan, MGH General Director and Acting Provost at the Institute, conferred degrees and certificates to 18 students, 6 from each program. He also delivered the welcoming address. Dr. F. Sargent Cheever represented the Trustees' Institute Committee.

Polly A. Fitz, M.A., R.D., Dean of the School of Allied Health Professions at the University of Connecticut, spoke on "Expanding the Boundaries: New Roles and Opportunities for the Health Professions." Ms. Fitz, a nationally prominent educator, is President of the American Society of Allied Health Professions and has served on the Board of Directors of The American Dietetic Association.

The Jamie Baum trio from the New England Conservatory of Music provided the music.

Those receiving M.S. degrees in Dietetics were Stacey J. Bell, Nadine Braunstein, Susan Madnek, Melissa Oliver, Susan Staton, and Carol Reimer Williams. Ms. Braunstein has worked part time at the MGH Cardiovascular Health Center. Ms. Staton has accepted a Clinical Dietitian position at the MGH.

Receiving M.S. degrees in Physical Therapy were Wendy Lee Abrahms, Lisa Giallonardo, Betty Kozlowski,

(continued on page 2)

And a Last

"Here comes the setting sun
The seasons are passing one by one
So gather moments while you may
Collect the dreams you dream today
Remember, will you remember, the times of your life?"--Paul Anka

Without question, for the students, faculty, and administration of the MGH's Shepard-Gill School, tonight (August 23) is definitely one of those times. But for some, the memory may be bittersweet.

Tonight marks the 66th and last graduation ceremony of Shepard-Gill, the second oldest school of practical nursing in the United States.

The 41 men and women who will be walking on stage in a few hours at New England Life Hall to receive their LPN certificates will be following in the footsteps of 4,464 other graduates who have made the same walk since 1918.

This ice sculpture of the Bulfinch Building was presented to the hospital recently in Tokyo by members of the Japanese Medical Alumni, at a reception the MGH held in their honor.

Needless to say, the times then were far different from the way things are today. When Katherine Shepard and Helen Gill first opened their doors on Newbury Street in Boston's Back Bay, it was shortly after the end of World War I. The school taught students to care for the sick in the patient's own home.

"The school was originally called the 'Household Nursing Association,'" explained Carla Nelson, counselor at the school, who is doing her doctoral thesis on its history. "In addition to nursing, the students were required to take courses in cooking and housekeeping."

(continued on page 2)

The Capital Campaign Update

Mr. Thomas J. Galligan, Jr., former Chairman of the Boston Edison Company, has agreed to serve as Chairman of the Corporate Fund Raising Committee.

Mr. Galligan, a new MGH Corporation member, will lead the effort to raise corporate gifts for Phase II of the Capital Campaign.

A magnificent first step in that effort was made when the Trustees of the Boston Edison Foundation pledged $250,000 to the Campaign.

In Phase I of the Campaign, the MGH received nearly $4 million from the corporate community. Campaign leadership is confident that with Mr. Galligan's help the MGH will be successful in raising even more corporate support in Phase II.

Susan Staton (left) receiving her M.S. degree in Dietetics from Dr. F. Sargent Cheever, representing the Board of Trustees. Looking on are Dr. Mary Carey, Director of the Dietetics Program, Dr. J. Robert Buchanan, General Director, and Dr. Nancy Watts of the Physical Therapy Program.

Institute (continued from page 1)

Gary Lentell, Jane Merrill, and Leonie Nelson. Ms. Kozlowski is Assistant Director of Physical Therapy at the MGH. Ms. Giallonardo is Outpatient Supervisor in Physical Therapy. Ms. Merrill is also an MGH Physical Therapist.

The following students were awarded Certificates in Social Work in Health Care: Linda Goddard, Amy Kalos, Hilary Power, Dorothy Scholwin, Karen A. Secord, and Marilyn Wise.

It's Never Too Late to Go Back to School

"You feel proud and happy. You feel you can accomplish what you want to."

Althea Walker, Unit Assistant in Clinical Administration and one of 11 June graduates of the Adult Diploma Program (ADP), seemed to be speaking for her entire class of 1984. The 11 graduates received their high school diplomas from Christopher Columbus High School through a special program designed and taught by the Continuing Education Institute (CEI) of Medford and sponsored by the MGH's Human Resources Department and the Office of Training and Development.

ADP is designed to give each student a solid foundation in the basics of Math, Reading, Writing, History, and Science, along with formal recognition of those skills mature students develop through life experience.

Credit for life experience is an important part of the program and accounts for half of the total credits needed for graduation. "People are really not aware of the skills they have," said Dr. Lloyd David, Director of CEI. "This aspect of the program forces them to go through a self-analysis. They learn about themselves and, in the process, gain self-confidence."

The unique aspects of the program have gained results without sacrificing academic standards. More than 20 graduates over the last two years successfully met these high standards; 64 percent of the 1984 class alone will enroll in college or preprofessional training programs this fall.

According to Tom Rothwell, Director of Human Resources, "The Adult Diploma Program is one of the best examples of the hospital's ongoing commitment to provide programs that develop fundamental skills and help employees to realize their own potential."

The individual goals set by members of the class of '84 are as varied as the students themselves. While nursing and related health careers top the list, Sheila Best, an MGH Dietary Aide, would like to enter a business program at a local junior college. "There is nothing to stop me now," said Ms. Best, who developed a keen interest in math through her work in ADP.

Frank Casaletto of the MGH Plumbing Shop had a very special reason for earning his high school diploma. Mr. Casaletto developed his professional skills as a plumber when he left high school to apprentice to his father. Even though his career was firmly established, he decided to go for his diploma to set an example for his children.

"Staying in school is important," he said, "and the only way to prove it to my kids was to do it myself. It's something I always wanted to do anyway, but when my son started questioning the value of staying in school, I knew it was time to do it."

Frank received a lot of encouragement and support from his wife when the going got tough and today shares his achievement with a proud family.

Like many other students, graduate Dora Moore of Clinical Administration had been trying to earn her diploma for some time. "Other programs just didn't work out," said Ms. Moore. "Even though we had to work hard, the instructors gave us a lot of help. I'd recommend this program to anyone. It's a good opportunity for MGH employees." Ms. Moore also plans to continue her education this fall in the health care field.

Peter Edwards, Senior Office Assistant in Dietetics, who entered the program to validate the diploma he earned in Barbados, felt the quality of instruction and the group support contributed to the success of the students. Other graduates added that convenience of classes at the MGH, credit for life experience, and close contact with the CEI staff were extremely helpful.

Kurt Westerman, who recently assumed responsibility for Training and Development, congratulated the graduates and urged other interested employees to contact Pat McGurty at Ext. 2216 for more information.

New CEI graduates Althea Walker (left) and Dora Moore

Shepard-Gill (continued from page 1)

But this philosophy changed with the start of World War II. "LPNs started leaving the home and began going into the hospitals, where their skills were the most in demand," said Ms. Nelson. "And that demand grew even more during the postwar years."

However, even during these best of times for LPNs, it was the worst of times financially for the school.

"It was so bad, in fact," related Ms. Nelson, "that some members of the Board of Directors opened a coffee shop in the basement of the school in order to raise money to keep it going."

What was once the Brittany Coffee Shop on Newbury Street has been used by Shepard-Gill in recent years as a classroom.

The school continued to have hard times financially until the MGH assumed its ownership in 1970, although the hospital began its clinical affiliation with Shepard-Gill 18 years earlier.

Members of the Shepard-Gill class of 1922 (when it was called the Household Nursing Association)

Ronald S. Nichols, who began as director of the school when the hospital took over 14 years ago, explained that although some of the financial problems have been eliminated over the years, there were other considerations that led to the hospital's decision to close the school at the end of this academic year.

"The hospital feels that degree programs--either two years or four years--offer better preparation for people entering the field of nursing," said Mr. Nichols. "It is also felt that a certificate program such as ours does not provide transferable academic credits. This means that many of our graduates would have to start over from scratch if they wanted to go on to earn a degree in nursing."

But there is little doubt that the 48-week LPN program at Shepard-Gill has been beneficial for many students. A survey of 592 students who graduated between 1971 and 1983 has shown that less than one percent failed the state licensing examination on the first try. And those who did fail received a passing grade the second time. Records also show that three quarters of the Shepard-Gill students who enrolled in recent years completed the program, compared with only 65 percent of the students enrolled at similar programs nationwide. "And our experience has been that most of our students who leave before graduation do so for personal reasons, not academic ones," emphasized Mr. Nichols.

More than 90 percent of practical nurses work in hospitals or nursing homes, providing much of the bedside care for patients. "To my

(continued on page 3)

Instructor Linda Lass (second from left) making a point to some of her Shepard-Gill students

Shepard-Gill (continued from page 2)

knowledge," said Mr. Nichols, "every Shepard-Gill graduate who wanted a job has found one."

But the type of person who has attended the school over the years cannot easily be put into one particular category.

"There has been no typical applicant," said Ms. Nelson. "Some have come to us right out of high school, while others have entered school in their 50s. And there have been a few who have applied to us already having bachelor's or master's degrees. There have also been more men who have wanted to become LPNs. I guess if there was something almost all of our students have had in common it was their determination and dedication."

This was certainly in evidence this past year as the students designed and sold T-shirts and sweat shirts with the school's emblem in order to help defray the costs of graduation. It was also exemplified by one student who left to have a baby only to quickly return to school because she wanted so much to graduate with the last class.

"The students have been terrific," remarked Linda Lass, an instructor at Shepard-Gill for the last 10 years. "It would have been easy for them to have been discouraged considering the school was closing, but they have remained positive about their future as LPNs and very sympathetic towards the faculty. It's been a real privilege to have been associated with such a fine group of people. But it's also a sad time for all of us."

From conversation with the students, they seem to have no regrets. "The MGH is the best in everything, so I'm glad I got the chance to come here," said Clarice Johnson.

"It was a lot of hard work," remarked Claudette Storach. "It was difficult for many of us to discipline ourselves to be students again. But we did it, and we have a right to be proud of ourselves and our school."

"I think coming here is one of the most worthwhile things I've ever done," added Randy Sweet. "It's great to be able to see patients getting better...to know that in some way you've helped them. I'm really looking forward to that."

It is said that "memories are time that you borrow to spend when you get to tomorrow." For those at the MGH associated with Shepard-Gill, tomorrow begins tonight.

Nutritional Highlights

by the Department of Dietetics

Fiber in the diet has been the focus of much attention in recent years. A high fiber diet is often recommended to treat certain gastrointestinal disorders and to prevent and treat constipation and hemorrhoids. Some investigators believe that a high fiber diet may aid in preventing colon cancer.

We can all benefit from a diet high in fiber for a number of other reasons. First, a diet high in fiber is generally high in complex carbohydrates (starches) and low in simple carbohydrates (sugars) and fats. A high fiber diet is therefore usually lower in calories and can help promote weight loss for those who need it. The fact that foods high in fiber tend to be "bulky" and more filling may also prove beneficial for those interested in weight loss.

One of the most recent and interesting developments is the finding that a high fiber diet may be useful in the dietary treatment of Type II (adult-onset) diabetes. Finally, foods high in fiber generally contain significant amounts of vitamins and minerals and are far more nutritious than some of the high-sugar, high-fat foods that they may replace in our diets.

Foods that are rich in fiber include whole grain products, fruits (except juices), vegetables, legumes (dried peas and beans), nuts, and seeds. There is little to no fiber in meat, poultry, fish, dairy products, eggs, fats, or sugars.

Increasing the amount of fiber in the diet can be as easy as 1-2-3: 1) Use foods closest to their natural form: brown rice, whole wheat or dark rye breads and flours, whole grain or bran cereals, etc. The ingredient label should indicate a "true" whole grain product. That is, the first ingredient should read "whole wheat flour," as opposed to "wheat flour" or "enriched flour" which are the same as white flour from which most of the fiber has been removed during the milling process.

2) Fresh fruits and vegetables are naturally high in fiber and are even higher in fiber when edible peels and seeds are also eaten.

3) Cooked legumes (kidney, lima, pinto, and white beans, chick peas and lentils) are high in fiber as well as protein. Legumes can also be found in a salad bar.

Increasing the amount of fiber in the diet should be done slowly to avoid problems such as cramping, bloating, flatulence, and diarrhea. It is also important to consume an adequate amount of fluids (1 liter a day) to prevent problems with constipation or blockage.

MGH Chaplain Joins Forces With Army Reserve

To some, she's known as Doctor. To others, she's Chaplain or Reverend. And still others call her by her given name--Arlyne.

But MGH Chaplain Arlyne Grant now has a new title, that of Lieutenant. Ms. Grant was recently sworn in as a First Lieutenant in the United States Army Reserve. She thus became the only woman chaplain in the Reserve for the New England area and one of only a handful in the country.

"In the back of my mind it was something that I always wanted to do," said Chaplain Grant, who has a doctorate degree in Pastoral Care and Counseling. "There is a great need for chaplains in the military, and I was honored that I was asked to serve."

As part of her new duties, which she will perform in addition to her responsibilities at the MGH, Chaplain Grant will undergo two weeks of active duty training later this summer and will be attending Officers' Training School.

"I'm really looking forward to the training," she said. "I think it will give me a better understanding of what military personnel have to go through if I can experience it myself."

Chaplain Grant is assigned to the 373 General Hospital Medical Unit, located in Boston, a unit that includes others from the MGH.

When she is not at the MGH, Chaplain Grant can usually be found at the Twelfth Baptist Church in Roxbury, where she is one of the ministers. "At the church my parishioners call me 'Dr. G,'" she remarked. "Now I guess I'll have to get used to being called another name."

Arlyne Grant officially becoming a member of the United States Army Reserve

General Director Dr. J. Robert Buchanan (third from left) and Associate General Director Lawrence E. Martin (right) take one last look at Temp 2

It's About Time!

Many people around the MGH thought it would never happen. But one look between the Ambulatory Care Center and the new Wellman Research Building clearly shows that it is.

Temp 2 is going. It will be gone before the end of the month.

It was built in 1965 with the cheapest available materials because it was supposed to be up for only three years. Through the years it has housed the Bacteriology and Chemistry labs, the Animal Farm, and even the Flower Shop.

The area will now become open space to give us, once again a clear view of the Bulfinch Building.

Future (continued from page 1)

children of the West End neighborhood. There, on the second floor of this 55-year-old structure, ideas for the next 55 years are taking shape. In this area, appropriately named the Planning Office, the present IS the future.

For nearly a decade, Burgess (Mike) Standley has been overseeing present dreams become future realities. And although there are charts, graphs, blueprints, and sketches to aid these planners, Mr. Standley emphasized that there are no crystal balls. But a little magic can be helpful at times.

"Essentially our job is to create new or expanded space where no new space exists," explained Mr. Standley. "But I have to wonder how long we'll be able to pull rabbits out of hats."

Nevertheless, the results of the planning process are now visible in several areas of the hospital.

On Bigelow 12, the new 10-bed Burn Center and a 15-bed inpatient surgical unit, designed by the architectural firm of Hoskins Scott Taylor, are now open. This in turn clears the way for renovation of the former Burn Unit on White 12, to be used by the Mallinckrodt Unit, and the renovation of other inpatient floors in the White Building. Also nearing completion are the 27-bed inpatient surgical unit on Bigelow 13 and the 20-bed unit on Baker 11. These floors will house beds from White 5, releasing that floor for construction.

The recent move of Thoracic Surgery, Pediatric Surgery, and Hyperalimentation to the Warren Building has enabled work to begin on Gray 5 for a 22-bed Orthopaedic Unit.

Jim Gage, a member of the Planning Office, said that this is the first phase of the overall reconstruction project. Eventually, White 6 and 7 will be renovated, with those beds moving temporarily to areas already completed. The renovation of each floor should take approximately one year.

One of the building projects already completed is the new Burn Center on Bigelow 12.

"In all, this project will complete the upgrading of 420 hospital beds," said Mr. Standley, who emphasized that not one bed is being added in the process. He said months of planning went into this project "not because of what we would do, but how we would do it without disrupting patient care."

At the same time, construction is also nearing completion on White 1,

"Essentially our job is to create new or expanded space where no new space exists...."

where five offices were reconstructed and three others created to provide increased space and efficiency. The newly created offices have been added to the White Building patio area overlooking the Bulfinch Building. Located in these quarters are Gellestrina DiMaggio, Associate General Director and Director of Nursing, the Nursing Business Manager's office, and Martha Byington, Assistant to the General Director. What had been the Nursing Conference Room has become a support facility shared by Administration and Nursing and the office of Associate General Director Dr. George Baker.

"Now that the Registrar's office has moved to Gray 1," added Mr. Gage, "work can also begin on the former Registrar's Office on White 1 to accommodate Associate General Director Eleanor Clark."

"Although this may seem a bit like a game of musical chairs," said Mr. Standley, "it was necessary in order to work within the space that was already available. The only part added was that small area off the White Building patio."

Other construction projects about to begin involve the reorganization of the ACC Cafeteria line and the expansion of the MRI (formerly called NMR) and related lab facilities in the Gray Building subbasement.

But with the completion soon of the Wellman Research Building, it's assured that more reconstruction projects in the hospital will be taking place. "When the research labs move into the Wellman Building," explained Mr. Gage, "we can begin to renovate those vacated areas and finally tear down Temporary 2."

All this activity is expected to set the stage for construction of the inpatient tower proposed by the hospital to house the MGH's remaining 660 beds. But, Mr. Standley emphasized, before it was decided to go with something new, much time and effort was expended to determine if anything could be salvaged from something old. The new won out.

"We tried to come up with a plan to renovate the Phillips House, Baker Memorial, and the Vincent-Burnham Building," he said, "but we just couldn't find any way to make them cost-efficient. We would have had to add new bathroom facilities and that would have taken away from available bed space. Even if the buildings could be reconstructed, there was no assurance they could meet the new earthquake codes. The conclusion finally was that it would cost just as much to reconstruct three old buildings as it would to construct a new one, and we would gain the efficiency of having 660 patients all in one building."

(Part two next month)

This used to be an office on Gray 5. Following reconstruction it will be part of a new Orthopaedic Unit.

THE MGH HOT LINE

August 30, 198[illegible]

News Office, Bulfinch 1, Ext. 2206

ACC Cafeteria to Undergo Renovations

Increasing popularity and traffic problems are the reasons the ACC Cafeteria will be renovated beginning Tuesday, September 4. For four weeks, the service area will undergo changes which will result in less crowding in the serving area and a smoother flow of customers. During the renovations, many of your favorite summertime foods will continue to be offered, but a few changes will be made. Hot dogs, plain or with chili or sauerkraut, will be served instead of hamburgers, and corn on the cob will be added. Sandwiches will be prepared in advance. Made-to-order salads and frozen yogurt, wedges of melon, and cookies, will be available. Service will take place at serving stations set up in the cafeteria seating area with the new menu and pay system. The pay system involves purchasing meal coupons from cashiers at the entrance to the cafeteria. Customers will exchange these coupons for food at each serving station. No money can be exchanged at food counters. Packets of coupons can be purchased and used during the entire renovation period; this will avoid waiting in line to buy tickets. Coupons will be redeemed anytime and will be accepted only in the ACC Cafeteria. A modified continental breakfast will be available. The staff of the ACC Cafeteria is looking forward to the completion of the renovated cafeteria service area and hopes you will find your dining experience more pleasurable.

Radiation Protection Course

A Basic Radiation Protection Course for laboratory and hospital personnel will be held on Wednesdays, beginning September 19, from 3-5 p.m. in Ruth Sleeper Hall. This course provides basic information about radiation safety, nuclear physics, radiation biology, nuclear instrumentation, and dosimetry. Part 1 is five two-hour lectures intended for those desiring a general introduction to the field. (This satisfies MGH Radiation Safety Committee requirements.) Parts 1 and 2 include ten two-hour lectures intended for those desiring a permit. It includes Part 1 and and more advanced material and satisfies the Nuclear Regulatory Commission requirement in Radiation Safety. To register, please contact Dr. Frank P. Castronovo, Jr., in the Radiation Safety Office, at Ext. 8328.

Find Out About the Plans

Meetings on the tax-sheltered annuity plans will be held on Wednesday, September 12 and Friday, September 14. The MGH offers four plans: two with insurance companies--Union Mutual Life and Connecticut General Life--and two with mutual fund groups--Fidelity Management Company and the Vanguard Group. The Benefits Office has invited representatives from each firm to speak to employees at the following times:

Wednesday, September 12

9:30	Union Mutual
10:30	Connecticut General
11:30	Fidelity
12:30	Vanguard
1:30	Union Mutual
2:30	Connecticut General

Friday, September 14

9:30	Fidelity
10:30	Vanguard
11:30	Union Mutual
12:30	Connecticut General
1:30	Fidelity
2:30	Vanguard

All meetings will be held in the Lower Amphitheatre on Clinics 1.

In Search of a Champion

It's playoff time in the MGH Maintenance Softball League. The Electric Shop will be playing Personnel and the Paint Shop will be taking on the Doctors in the first round of the best two out of three series. The winners will then compete for the championship.

The regular season ended August 17 with the Electric Shop defeating the Paint Shop 8-6 and Personnel outslugging Refrigeration 13-7. In addition to deciding first place, the Electric-Paint game set a new league record for most double plays in one game with 10.

The final regular season standings were:

Electric	11-1
Paint	9-3
Doctors	6-6
Personnel	2-10
Refrigeration	1-11

Health Lecture

Dr. John Growdon, a member of the MGH Neurology Department, will be speaking about Alzheimer's Disease on Wednesday, September 5, from 12-1, in another health information lecture sponsored by the Office of Training and Development. The lecture will be held in the Lower Amphitheatre on Clinics 1.

Around MGH

John Donovan from the Print Shop has become a member of the Board of Directors for the Harvard Credit Union. Mr. Donovan succeeds another member of the Board who recently resigned.

Dr. Deanna R. Pearlmutter, Chairman of the Psychiatric Nursing Service and Nurse Administrative Officer at the MGH, has been accepted into the Executive Nurse Leadership Program, a specially designed short-term educational program sponsored by The Commonwealth Fund. Dr. Pearlmutter plans to focus her studies on the overall management of health care delivery systems. The program was established last year to benefit teaching hospitals by enhancing the strategic management capabilities of nurse executives with senior management potential.

Linda Andrist Hereford, an Assistant Professor in the Graduate Program in Nursing at the MGH Institute of Health Professions, recently participated in the first Women, Health, and Healing Institute for college and university faculty sponsored by the Department of Social and Behavioral Sciences at the University of California, San Francisco.

MGH in the Me

Dr. David V. Sheehan, Director of Anxiety Research, was interviewed recently by Globo-TV in New York for a documentary to be telecast in Brazil on anxiety and phobias.

Quoted in the news media recently were:

Dr. Joel Dimsdale, Psychiatry, Dr. Randall Zusman, Cardiac-Hypertension, and Dr. Robert Graham, Cardiac-Hypertension, in THE BOSTON GLOBE on the effect of salt on hypertension.

Retirements

Best wishes to the following employees who recently retired:

Lurelia Cowans, Radiology, 26 years

Laurence Stevens, Dietetics, 25 years

Ann M. Ternullo, Credit and Collection, 23 years

Lucia DeBreczeni, Central Supply, 19 years

Elsie Rogers, Clinical Administration, 18 years

Joe P. Lemon, Social Service, 16 years

Antonio P. Jesus, Environmental Services, 11 years

Charles A. Woods, Environmental Services, 8 years

THE MGH HOT LINE

September 13, 1984

News Office, Bulfinch 1, Ext. 2206

Emergency MEDICINE WEEK

SEPT. 16 - 22, 1984

Someone in your office collapses. The person has stopped breathing. Someone in the cafeteria suddenly chokes on a piece of food. Someone in your home suffers a severe burn.

Would you know what to do?

In 1982, more than 81 million Americans turned to local emergency rooms like the MGH's for help. But in some cases, too much time had elapsed for hospital professionals to provide any assistance.

The week of September 16-22 has been designated as Emergency Medicine Week. It's a time to become acquainted with what to do in the event of an emergency and to become familiar with the resources that are available in your community.

Dr. Charles J. McCabe, Assistant Chief of Emergency Services at the MGH, is Medical Director of the Emergency Medical System (EMS) in Massachusetts. And he explained that in many communities getting access into the EMS system is as easy as dialing three numbers. "For most larger communities," said Dr. McCabe, "emergency medical assistance can be obtained by simply dialing 911. In smaller communities, there may be a different phone number to call. In any case, people should become familiar with the number before an emergency occurs."

Dr. McCabe went on to explain that people should also have some idea of what to expect when they call. "They should be prepared to give their name, address, and a description of the problem to the operator. Then it should take about five minutes for help to arrive in Boston and perhaps longer in a more remote area in the state." He added that communities would be sending either Emergency Medical Technicians, who perform basic life-support functions, or Paramedics, who have more advanced medical training.

But just the few minutes it takes for trained professionals to arrive on the scene may be too long in some instances.

(continued on page 2)

Ether Day is Almost Here

Approximately 1,000 employees will be receiving service pins this year as the MGH observes Ether Day on Friday, October 19. The ceremony will be held in the ACC Cafeteria at 3:00 p.m., with a reception immediately following in the Walcott Room.

October 16, 1846 marks the date of the first public demonstration of the use of anesthe-

(continued on page 2)

New Committee Formed

An Executive Committee on Neighborhood Health Centers has been formed at the MGH to discuss major issues involved in the present and future relationships between the hospital and its local community health centers. Chaired by Dr. Terrence O'Malley, Director of the MGH-Logan Medical Station, the Committee plans to submit a preliminary report to the MGH's General Executive Committee by the end of the year. Subcommittees on Communications, Inpatient Care, Administration and Finance, Care of the Frail Elderly, Public Relations and Marketing, and Future Issues have been created. Dr. O'Malley invites anyone interested in becoming involved in any of these subcommittees to call him at Ext. 3570.

Ether Day (continued from page 1)

sia in surgical procedure. This milestone in the development of modern surgery occurred in the amphitheatre of the dome of the Bulfinch Building., which was used as the operating room of the MGH from 1821-1867.

Prior to October 19, an Ether Day program will be posted on the Employee Information Bulletin Board across from the General Store. This will include the names of all service pin recipients. You will be able to recognize these recipients on Ether Day by the red carnation they will be wearing, presented to them that morning by their department supervisors. If you have any questions regarding this year's ceremony, please call Donna DeOrio at Ext. 2214.

Information Fair

The Treadwell Library will host an Information Fair on Thursday, October 4 and Friday, October 5 from 11 a.m. to 7 p.m. Representatives from IBM, Wang, Apple, and Data General will exhibit their latest equipment. Software vendors will demonstrate packages for word processing, spread sheets, data base management, and billing systems. Online data bases for easy searching of bibliographic and full text files will be demonstrated by BRS Colleague, Dialog's Knowledge Index, Cancer Express, A.M.A.'s MINET, and PaperChase. Representing the MGH, the Laboratory for Computer Sciences will demonstrate the features of its system for computer assisted instruction. And the TV production department will exhibit its latest video programs. In addition, representatives of the Executive PC Education Center will demonstrate integrated applications of software and discuss their training program. Exhibitors have been selected on the basis of relevance to MGH staff needs.

Courses Announced

The MGH and the Institute of Health Professions Continuing Education Program are sponsoring courses and conferences this fall. Two of these are:

Pathophysiology (semester II)--Dr. Richard Pingree, Instructor. Eleven Thursdays, Sept. 27-Dec. 13, 5:30-7:00 p.m. in Ruth Sleeper Hall. Fee: $125.

Critical Care Nursing (cosponsored with the Greater Boston Chapter of the AACN). Thursday-Friday, October 11-12, 8:30-4:30 at the Hotel Sonesta, Cambridge. Fee: $60/day or $110/both days for AACN members; $70/day or $125/both days for nonmembers, including lunch.

More programs will be published in future editions of the HOT LINE. For more information, please call Ext. 8010.

MGH in the Media

Dr. Kurt J. Bloch, Chief, Clinical Immunology and Allergy Units of the General Medical Services, was interviewed recently by WNEV-TV (Channel 7) about ragweed and other pollen.

Emergency (continued from page 1)

"That's why we can't emphasize enough the need for people to have training in basic life-support procedures such as CPR (cardiac pulmonary resuscitation)," said Dr. McCabe. "At the MGH, we have a very fine CPR course offered by the Office of Training and Development."

Cardiac arrest is still the leading cause of death in the United States. It is estimated that 675,000 people die from heart attacks each year. And Dr. McCabe believes that many of these deaths could have been prevented if CPR had been initiated before emergency medical personnel arrived.

First aid procedures are also offered each year to MGH employees through the Office of Training and Development.

"With Emergency Medicine Week coming up," said Dr. McCabe, "it's a good time to consider some type of training class. You never know when you might be in a position to save a life."

THE MGH HOT LINE

September 20, 19[illegible]

News Office, Bulfinch 1, Ext. 2206

Eleanor Clark, Pioneer in the Field of Social Service, Dies at Age 60

Eleanor Clark, Director of the Department of Social Service for the last 20 years and Associate General Director of the MGH, died yesterday in the Phillips House after an illness of several months. She was 60.

Considered to be one of the most outstanding Social Service Directors in the country, Miss Clark was only the third Director since the Department was established in 1905, the first hospital Department of Social Service in the world. She stood for the highest standards of clinical social work and patient care. Her work in social service always emphasized improving the quality of life for MGH patients both during and after hospitalization.

Since becoming Director of Social Service in 1964, Miss Clark instituted a number of innovative programs such as the MGH Continuing Care Planning Unit in 1964, the first such program in the country. Realizing the tremendous impact the soon-to-be established Medicare program would have on hospitals as well as the elderly, Miss Clark created the Continuing Care Planning Unit to locate high quality posthospital care long-term facilities and other services for the elderly who could not return home. She also established Lifeline, Adult Day Care, and the Adult

Foster Care Program, the first in a general hospital. In addition, she helped create a hospice program at Spaulding Rehabilitation Hospital. Most recently, she was the main force behind conceiving a program for coordinating the long-term care services for frail elders and getting it funded by the Robert Wood Johnson Foundation.

Always an advocate for the patient, Miss Clark spoke in a quiet and thoughtful manner, rarely raising her voice. She grasped issues quickly and was respected for her logical thinking.

In March of this year, Miss Clark was one of two women to be named Associate General Director, the first women so named in the MGH's 173-year history. In that capacity she planned activities in long-term care of the elderly and worked closely with community health programs in the neighborhoods surrounding the MGH. She was also one of the first two women ever appointed to the hospital's General Executive Committee.

Miss Clark won numerous national awards in social work and published several works. Among her many honors was the Smith College medal, awarded in November of 1965, for extending "the usefulness of standards of her profession throughout Boston and the Commonwealth to the less priv-

(continued on page 2)

ileged of its citizens...while maintaining the devoted enthusiasm of the volunteer."

In 1979, she received the Ida M. Cannon Award at the annual meeting of the American Society for Hospital Social Work Directors. Ida Cannon was the MGH's first Director of Social Service.

Miss Clark was a 1949 graduate of Lake Forest College in Illinois and received an M.S. degree from Smith College School of Social Work in 1951.

Miss Clark was Professor of Social Service at the MGH Institute of Health Professions. She was a member of the faculties at Smith College and Simmons College. In addition, she served as an administrative consultant at the MGH-Chelsea Health Center. She was also a former trustee of White Plains Junior College in Chester, New Hampshire.

She was a member of the Board of Directors, United Way Information and Referral Board, as well as a former member of the Board of Directors of Spaulding Rehabilitation Hospital.

She was also a member of several professional organizations including the American Public Welfare Association, the American Society for Hospital Social Work Directors of the American Hospital Association, of which she was a past president, the American Public Health Association, and the Council for Social Work Education.

A native of Daytona Beach, Florida, Miss Clark lived for many years in Weston.

A memorial service is being planned, and arrangements will be announced soon. Donations may be made to the Eleanor Clark Memorial Fund, in care of the Social Service Department of the MGH.

THE MGH HOT LINE

September 27, 1984

News Office, Bulfinch 1, Ext. 2206

Special Edition

Wangs' Four Million Dollars Launches Phase II of Capital Campaign

The MGH Tuesday evening launched Phase II of its $169 million fund-raising campaign with the announcement that Dr. An Wang, inventor, computer scientist, and Chairman and Chief Executive Officer of Wang Laboratories, and his wife Lorraine have pledged $4 million to help the hospital continue to provide the most advanced patient care.

Speaking at the kickoff dinner for Phase II of the MGH's Capital Campaign attended by several hundred friends and staff members of the hospital at the Copley Plaza Hotel in Boston, Francis H. Burr, Chairman of the Trustees, said: "Dr. and Mrs. Wang's outstanding pledge, commitments from new supporters, and the many generous gifts and pledges we have received from the traditional staunch supporters of the MGH all bear witness to the breadth of community response to the hospital's needs."

In recognition of the Wangs' generous contribution, the MGH will name the Ambulatory Care Center, which opened in 1982, the Wang Ambulatory Care Center.

Governor Michael S. Dukakis and Mrs. Dukakis attended the dinner, and the Governor addressed the gathering.

In launching Phase II of the campaign, the hospital seeks to add $104 million to the $65 million raised during Phase I.

The total dollar goal for the campaign, scheduled to end in December 1989, is $169 million.

The MGH began the Capital Campaign in 1981 to renovate or replace much of the hospital's inpatient, outpatient, and research facilities, dating from as long ago as 1821, as well as to provide momentum for the MGH Institute of Health Professions, the educational division of the hospital.

Phase I of the campaign evoked unprecedented response from the Greater Boston community, New England, and around the world. As a result the hospital surpassed its interim goal of $65 million in December 1983. These gifts and pledges are already in use, meeting a variety of priority needs including the completion of the Wang Ambulatory Care Center and the Cox Building of the MGH Cancer Center.

At the kickoff dinner John L. Cooper, Cochairman of the Capital Campaign, announced the raising of an additional Launch Fund for Phase II of more than $11 million (of which Dr. and Mrs. Wang's contribution was a part) between January of this year and the present.

"Successful completion of the Capital Campaign is absolutely essential if this hospital is to remain in the forefront of medicine," said Dr. J. Robert Buchanan, M.D., General Director of the MGH, in an interview. "We are confident that the large number of gifts already received will form a strong platform from which we can create the grand design of modern facilities for the MGH.

"The most crucial phase of our revitalization program still lies ahead--construction of new facilities to replace the outmoded inpatient accommodations in the Baker and Vincent-Burnham Buildings and in the Phillips House," continued Dr. Buchanan. "Over the years when we have been faced with the hard choice of replacing bricks and mortar or of using limited funds to support our scientists working toward dra-

(continued on page 2)

matic advances in medical care, we have opted for the latter course. These decisions have led to great benefits for all mankind. Nevertheless, these same years have seen a deterioration in the physical facilities which house our patients," he said. "The improvements that we propose will at last provide our talented and dedicated staff with medically efficient surroundings in which to carry out their work and will provide our patients with the modern rooms they need and deserve," Dr. Buchanan added.

The emphasis of Phase II of the campaign is to provide new inpatient facilities and other essential patient care priorities. Included in the campaign goals is the first of two towers proposed to replace three of the hospital's present inpatient buildings. The glass-facade Tower One will contain 400 beds in efficient, ample surroundings. The rooms will be designed with flexibility to adapt to rapidly changing medical technology. The Capital Campaign seeks to finance at least 75 percent of the cost of the tower, or $84.8 million.

An additional $6.2 million is needed to expand the Emergency Ward/Trauma Center beyond its cramped quarters. With space made available through the construction of Tower One, the institution will add a new ambulance entrance as well as an enlarged triage area and state-of-the-art equipment to treat life-threatening or permanently disabling traumas. Also planned for the MGH grounds is a desperately needed helicopter landing pad to rush accident victims to the MGH Trauma Center, avoiding the congestion of downtown traffic.

Through its Capital Campaign, the MGH hopes to allocate $5 million to relocate the Cardiac Catheterization Laboratory to a newly renovated area and to replace its existing equipment in order to provide the most up-to-date treatment available.

The hospital seeks to raise $2 million for its intraoperative radiation unit. In recent years the MGH has reduced or destroyed through direct radiotherapy certain advanced cancers of the abdomen, pelvis, or chest which surgeons cannot remove. While the tumor is exposed on the operating table, physicians bring radiation equipment in direct contact with the cancerous growth. It is hoped that previously untreatable cancers may be cured. With funds from the Capital Campaign, a new operating room equipped with a linear accelerator will greatly improve the MGH's capacity to perform this life-saving procedure.

An additional $6 million is earmarked for the MGH Institute of Health Professions, founded in 1977. Funding for the MGH Institute will include endowments for faculty support and for scholarship aid to assure a broad mix of students from varied backgrounds.

In 1979 the MGH Board of Trustees agreed that the hospital needed to repair or replace much of its physical plant. As they identified other major needs, the trustees felt that a campaign to raise funds from individuals, corporations, and foundations was necessary if improvements were to be made without adding millions of dollars to patient charges. It was also decided not to add additional beds to the existing 1,082.

"We felt very strongly that we did not want to add to the patient burden of increasing medical costs," said Mr. Burr. "Private funding would be the only way to achieve the necessary improvement."

With the renovations and additions that have already taken place and those that will be made possible through Phase II of the Capital Campaign, the MGH will continue to expand the boundaries of medical knowledge and to assure its patients the best possible care.

September 27, 1984

THE MGH HOT LINE

News Office, Bulfinch 1. Ext. 2206

Yvonne Munn Named New Nursing Director

Yvonne L. Munn, whose career has taken her from Canada to Texas, has been named the new Director of Nursing and Associate General Director at the MGH.

Mrs. Munn succeeds Gellestrina DiMaggio, who was appointed an Associate General Director earlier this year.

Mrs. Munn comes to the MGH from Methodist Hospitals in Dallas, where she has been Vice-President, Patient Systems & Evaluation, since 1982. Prior to that she had served as Vice-President of Patient Services and Vice President of Nursing Services at the 1,121-bed Texas hospitals.

In announcing the appointment, Dr. J. Robert Buchanan, MGH General Director, said he was delighted that Mrs. Munn was coming to Boston. "She has distinguished herself both as a nurse and as an administrator. She has an extraordinary capacity to motivate people and to be a role model for her staff. With so many changes in the nursing profession, it's important to have someone with the vision of Yvonne Munn and her experience in a comparably sized hospital. We at the General are fortunate to have her."

A native of Edmonton, Alberta, Canada, Yvonne Munn received her bachelor's degree from the University of Alberta and her master's

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A memorial service for Miss Eleanor Clark, Director of Social Service and Associate General Director of the MGH, who died on Tuesday, September 18, will be held Tuesday, October 2 at 3 p.m. at Remis Auditorium of the Museum of Fine Arts.

Patricia Farina accepting congratulations after receiving the Hatch Award at a "Change Party" for Dietetic Interns

Dietetic Interns Make the Change

Fourteen students were honored at a "Change Party Luncheon" held on August 7 for the Combined Dietetic Internship-Graduate Degree Program, cosponsored by the MGH Department of Dietetics and the Institute of Health Professions' Graduate Program in Dietetics.

The students received pins for meeting the eligibility requirements of membership into The American Dietetic Association and thus are eligible to write the registration exam. The students will graduate from the two-year program next year.

Guest speaker for the program was Ruth Purtilo, Ph.D., R.P.T., a former Director of the Institute's Physical Therapy program. She discussed Ethical Issues in Dietetics.

One of the day's highlights was the presentation of the second Louise Hatch Award, given to the student or students who have demonstrated consistently high standards of practice and outstanding professional promise. This year's recipients

(continued on page 3)

A familiar sign to anyone who commutes from north of the border

A Long Road to Home

It is often still dark outside as they prepare to embark on their long day's journey into light.

Some meet in groups. Others hit the road alone, either out of preference or necessity. Along the way they pass towns many of us would put into the category of far away places with strange sounding names: Nottingham, Danville, Hampstead, Pelham, or maybe Waterville and Warrentown, or even Harwood and Whalom!

In many instances they've covered as many miles in one hour as some traveling salesmen do in one day. The big difference is that for them, their day has only just begun.

It's not just patients who travel long distances to come to the MGH. There are some employees who do the same--five days a week. And round-trip, no less.

But many of these long distance commuters insist that they would have it no other way.

"I wouldn't trade what I have up

(continued on page 3)

And Speaking of Travelers...

When it comes to moving on the "fast break," college basketball star Pat Ewing is considered by many to be one of the best in the game. But when it comes to moving fast, Pat's father "may have him beat."

For Carl Ewing of Materials Management, what began Friday, August 10, as a typical day at the MGH ended

(continued on page 2)

Building a Future

(Second of a Two-Part Series)

The problem of how to accommodate the needs of a growing technology on 10 acres of land is nothing new to the MGH. If the following is any indication, the future should be no shock.

"If MGHers held a convention to nominate the 'Greatest Need of the MGH,' it is quite possible that the result would be a tie between space and money. In order to achieve space, changes have been going on around us and plans are being made for continuing changes...."

"Those of us close to the workings of the MGH know how desperately the proposed new building is needed... The needs of the community and the necessity for good regional planning have been foremost in our minds."

Actually, neither quote refers to present building plans. The first appeared in a story published in THE WORLD (predecessor of THE HOT LINE) in February of 1960. The second quote was made by the then MGH

(continued on page 2)

This is the way planners in the 1960s envisioned the MGH might look in the 1980s.

A sign on Cambridge Street advertising the planned construction of a new Clinics Building. The ACC was completed 20 years later in a different location.

Ewing (continued from page 1)

more than 3,000 miles away as he was on hand to watch his son win a gold medal for the United States in the Summer Olympic games.

Pat Ewing's "dream come true" was the result of a real team effort. And now Carl Ewing can say the same thing because of some of his very special friends at the MGH.

The events that transpired on August 10 may sound like something you would read in a storybook.

Mr. Ewing was making a delivery to Burnham 6 that Friday morning around 9 o'clock when unit transcriber Nancy Jarvis asked him about the game. He told Ms. Jarvis along with unit coordinator Dave Doenges and unit secretary Lee Murphy that he was excited for his son and was looking forward to watching it on TV that evening.

What Mr. Ewing didn't know was that he inadvertently had planted a seed that would grow into something that he would remember for the rest of his life.

"After Carl left, we got to talking about how great it would be if we could find a way to send Carl to Los Angeles," explained Mr. Doenges, who is now a Distribution Supervisor in Materials Management.

Some quick calls were made to American Airlines and to ABC Sports. When others in the hospital heard what was going on, they donated money to help defray expenses for the trip. Contributions also came from outside the MGH.

With the assistance of Richard Perrin, Director of Materials Management, by noon all the arrangements had been made. But there was still a problem. Mr. Ewing's flight was scheduled to leave at 12:50. And he hadn't even been told that he was on his way!

Mr. Doenges had the pleasure of taking care of that little detail. But the problem remained of how to get Mr. Ewing from the MGH, to his bank in Cambridge, to his home near the bank, and to the airport all in about a half an hour.

Enter the MGH Security Department.

"They actually provided an escort to the bank," explained Mr. Doenges. However, there wasn't enough time for Carl to go home to get his clothes. So they just headed straight to the airport, where a representative of the airlines was waiting with a first-class ticket to Los Angeles.

"Everything happened so fast," recalled Mr. Ewing. "I wanted to get some clothes, but I would have missed the plane. As it was, I got on board just before it took off. But it gave me a good excuse to do a little shopping in Los Angeles."

A representative from ABC-TV met Mr. Ewing at the airport, took him to a hotel, and then to the game that night.

"I really felt a part of the game by being there," said Mr. Ewing, who has worked at the MGH for almost a year and whose wife Dorothy had been employed in the Department of Dietetics before her death last year. "It's not every day that you can watch your son win a gold medal."

It's also not every day that you can be in work one minute and on the way to Los Angeles the next.

"We weren't really sure we could pull it off," admitted Mr. Doenges, "but we thought it was worth a try. It was all worth it when we saw the expression on Carl's face."

And Mr. Ewing also had an expression to remember. "After the game was over, I was waving to Pat from the stands. And he just looked at me almost as if he didn't know who I was. He never expected to see me out there."

Yes, August 10 turned into quite a day to remember for Pat and Carl Ewing. Pat found his gold in Los Angeles. And Carl may have found something just as precious right here at the MGH.

What a difference a few hours can make. What a difference a few friends can make.

Future (continued from page 1)

General Director John Knowles in June of 1965. He was referring to the demolition of the Power House Building on Blossom Street to make way for the Gray Building and Jackson Tower. What is it they say about the more things change, the more they stay the same?

Clearly then, the challenges faced by the MGH, in general, and the Planning Office, in particular, have remained the same over the last two decades and will probably remain the same in the decades ahead.

"It really is an ongoing battle," conceded Burgess (Mike) Standley, Director of the Planning Office. "There's always a need to adapt space for new technology, and sometimes it's impossible to plan ahead. The lithotripter is a good example of that."

The Planning Director explained that the hospital's acquisition of the lithotripter was something that no one could have foreseen, since it didn't exist last year. Therefore, when the MGH recently had a chance to acquire the device, plans had to be made quickly to find a place to accommodate it.

"But the challenges are not just physical ones," added Jim Gage also of the Planning Office."The architectural design of buildings has to allow hospital employees to become more efficient in their work patterns. With cost containment, this has become a necessity."

So given the past and the present, what lies ahead in the MGH's future? What will the MGH look like in the year 2084?

"I think the hospital may be situated in several different locations," predicted Mr. Standley. "We will probably still be in Boston, but by that time we may have also branched out into the suburbs." But Mr. Standley, who has made a career of planning for the future, was quick to add that envisioning what the MGH will look like 100 years from now borders on the realm of the impossible.

"Until science and medical technology stop planning for the future," he concluded, "we won't stop either. We can't. If we did, we would have no future."

Temp 2: Going,

Going,

Gone

Nutritional Highlights

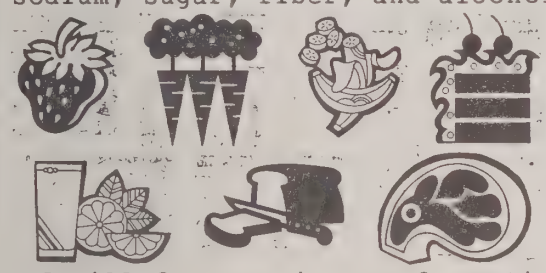
by the Department of Dietetics

What you eat does make a difference!

Many of the major health problems that plague the U.S., including obesity, heart disease, stroke, diabetes, hypertension, and certain types of cancer have been directly linked to the foods we eat. There is considerable evidence that improved nutrition can substantially reduce the chances of developing these or other health problems and help Americans lead longer, healthier lives.

Many Americans are becoming more aware of nutrition and are motivated to make positive changes in their eating habits. They are frequently frustrated in their endeavors, however, because of confusion about which changes they need to make and how to make these changes while still enjoying a varied and interesting diet.

The MGH Nutrition Service has designed a series of classes that will help consumers bridge this gap. Eating for the Health of It is an eight-week course that will provide participants with the practical information they need to successfully improve their nutrition habits. The course will address key nutritional problems, including calories, fats and cholesterol, sodium, sugar, fiber, and alcohol



and will focus on issues of practical concern such as how to adapt favorite recipes, what to eat for lunch, how to evaluate and select foods, eating in restaurants, entertaining, and preparing holiday foods.

Each of the eight classes includes four varied and interesting segments. The HEALTH FOCUS segment of each class will highlight the diet-disease connection and will provide participants with the most up-to-date findings on the relationship between diet and the development and management of chronic diseases. The CONSUMER REPORT segment will teach class participants how to evaluate foods and food products available in the marketplace and will introduce foods that participants may not be familiar with. A COOKING DEMONSTRATION will introduce alternative food preparation techniques and new recipes. During the TASTE-TESTING segment of each class participants will enjoy an appetizing and nutritious meal that includes the foods prepared during the cooking demonstration, as well as incorporate the positive nutritional habits that have been discussed.

Eating for the Health of It makes good nutrition fun and interesting! It provides the knowledge, tools, and motivation that are needed to successfully change old habits and adopt a new, healthier style of eating. Classes will begin October 11 and run for eight consecutive Thursdays (except Thanksgiving) from 6:30-8:00. The fee is $80. Discounts are available for MGH employees or members of the same household who wish to take the course together. Classes are open to all employees, patients, friends, and community residents. To register for the course, or to obtain more information, please contact the Nutrition Service at Ext. 2779

Hatch Award winners Marjorie McCullough (second from left) and Patricia Farina (fourth from left) with Helen Doherty (far left), Director of Dietetics, Barbara Bobeng (center), Director of the Combined Dietetic Internship-Graduate Degree Program, and Mary Carey (far right), Director of the Graduate Program in Dietetics at the Institute.

Munn (continued from page 1)

degree from the University of California in San Francisco.

Mrs. Munn began her nursing career as a Science Instructor in the Diploma Program at the Edmonton General Hospital School of Nursing. She later became Educational Director at the Medicine Hat General Hospital School of Nursing in Medicine Hat, Alberta.

She came to the United States in 1956 to become Assistant Director of Nursing at Sharp Memorial Community Hospital in San Diego, California, where she served for 12 years before going to Rush Presbyterian-St. Luke's Medical Center in Chicago. There she served in several capacities including Assistant Vice-President for Nursing and Associate Dean of the Rush College of Nursing. She went to Methodist Hospitals of Dallas in 1977.

Mrs. Munn has authored many papers in nursing and is a member of several professional organizations, including the American Society of Nursing Service Administrators, of which she served as President last year.

William E. Parisi, President of the Methodist Hospitals, said of Mrs. Munn, "I hired Mrs. Munn in 1977 to insure that our nurses, our most immediate care providers, would be assured of a progressive work environment while improving the overall level of patient care at our hospitals. Mrs. Munn's accomplishments have been recognized by our physicians and patients and have brought her and our nurses national acclaim for their outstanding contributions to the development of clinical nursing and the retention of qualified staff."

Mrs. Munn admitted that she's going to miss Texas but is looking forward to coming to Boston. "It's a great city, and the MGH is one of the premier hospitals not only in the country but in the world. I'm excited to become a part of such a great institution with such a strong commitment to nursing."

Change (continued from page 1)

were Patricia Farina and Marjorie McCullough.

The awards, in the amount of two $1,000 scholarships, honor Louise Hatch, Director of the MGH Department of Dietetics from 1949 to 1979.

Seventeen new interns began the program this fall.

Commute (continued from page 1)

there for anything," stated Manfred Griesemer of the Paint Shop. The "up there" referred to by Mr. Griesemer is Barrington, New Hampshire, about 75 miles from the front door of the White Building. Mr. Griesemer explained that he leaves his home about 5:25 a.m. and can cover the trip into Boston in about an hour and a half, except on some winter mornings when it takes him two hours.

"I used to live in Somerville," said Mr. Griesemer. "But eight years ago I had the opportunity to build my own house in the country. And I'm glad I did."

Mr. Griesemer isn't the only employee who has decided that farther is better.

"I used to live in Arlington," related Diane Gilbert, Assistant to Chief of Medicine Dr. John Potts. "And some days it would take me twice as long to come in from there on the MBTA as it now does from my home in Windham, New Hampshire."

Mike Souza, who lives in nearby Hudson, New Hampshire, agreed. "Timewise from where I used to live in Malden, the commute is about the same," said Mr. Souza, who works in Information Services. "The trip can be so routine at times that I don't really notice how far I've traveled."

But most employees do admit that the road to and from the MGH is not necessarily all paved with gold. "It can get a little tiring," con-

(continued on page 4)

New England Patriots defensive captain Steve Nelson (left) paid a visit to the MGH recently to have his troublesome shoulder checked out by team physician Dr. Bert Zarins.

Commute (continued from page 3)

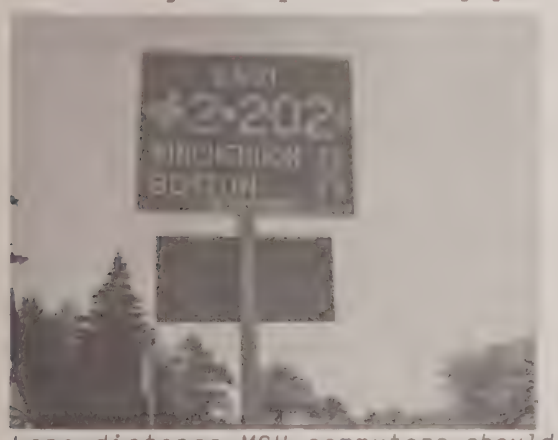
ceded Jane Pardy of Radiation Medicine, whose trip involves commuting from Litchfield, New Hampshire, a distance of some 45 miles. "There can be a lot of traffic in the fall and winter," she said. "There are also lots of crazy drivers on the road. I was almost involved in an accident once, and it gave me some second thoughts about commuting such a long distance. I ended up buying a heavier car."

"I find an incredible lack of concern among some motorists," declared John Ohliger, head technician in the Emergency Ward's Radiology section, who has been commuting from Derry, New Hampshire for the last 12 years. "Some slow drivers can turn the Interstate into a parking lot, and the fast drivers think they own the road."

Other drivers are not the only drawback. "I've put nearly 30,000 miles on my new car since October," related Cesar Villa, an Operating Room nurse, who commutes from Middleboro, Massachusetts, some 47 miles from Boston. "I had 175,000 miles on my old car."

"But the car is important, too," added Mr. Griesemer, who described his as almost a second home, considering he's in it for three and a half hours a day. "The car must be dependable and comfortable. And certainly getting good miles to the gallon is essential."

But a few MGH employees have decided to leave the driving to someone else, by either joining a car pool or a Caravan. John Orrell, a buyer in Purchasing, is the driver-coordinator of a Caravan that originates just outside of Worcester. The van transports 15 people to and from work each day, including four others from the MGH: Cathy Kalonas of the Pulmonary Unit, Eve Zachgo of Radiation Medicine, Casey Peto of Shriners Burns, and Denise Duchainey, a research assistant.
"It's an excellent system," declared Mr. Orrell, who lives in Grafton, Massachusetts, about 45 miles from Boston. "We all live in the same area and work the same hours. No one really likes commuting, but if you have to, I think this is the best way to do it." Mr. Orrell also explained that the Caravan is a good way of meeting people. "We've even had some social events together," he said.



Long distance MGH commuters should consider themselves fortunate they don't have this far to travel.

Another member of a Caravan is JoEllen Cumpata, a Speech-Language Pathologist, who lives in Londonderry, New Hampshire. Her reason for joining the Caravan was quite simple--"Driving was driving me crazy," she admitted. "Now, I don't have to worry about it. We each pay one fee monthly, which covers the price of the gas, leasing of the van, and insurance."

"But the Caravan is not for everyone," warned John Marden, also of Londonderry, who works in X-ray Engineering. "It's very regimented in the sense that all the members must have the same working hours. There are times, for example, when I have to work late. So I take the Caravan home, get my car, and return here."

Others have found car pooling more to their liking. "We have three in our car pool and are looking for a fourth," said Dick Elliot, Assistant Chief Accountant, who lives in Georgetown, Massachusetts. "I took a bus for three years, but this is a lot better. We have a great camaraderie."

But Ms. Gilbert, who had been in a Caravan and is now in a five-woman car pool, recommended that definite rules be set down before the group begins commuting together. "It is essential that guidelines be established and agreed upon by all parties at the beginning," she said. "These would include such things as smoking, meeting places, departure times, and driving schedules."

Preparing to drive home by Caravan to the Worcester area are (left to right) Casey Peto, Cathy Kalonas, Eve Zachgo, Denise Duchainey, and John Orrell.

Two long-distance MGH commuters who know all about adapting to the circumstances involved in their travels to and from Boston are Paul Palermo and Donna Pichiarallo. Mr. Palermo, a Fund Accountant who lives in Townsend, Massachusetts, drives from his home to Ayer, some 20 minutes away. From there, he takes the Boston and Maine railroad train, which arrives in Boston a little more than an hour later. "My wife and I have lived in Townsend almost 12 years, and we just love it," he said. "It's one of the fastest growing communities in the state. But it's a long commute, especially now since the fire that destroyed the train's platform near North Station."

Donna Pichiarallo, a senior research technician in the Renal Unit, used to commute from Providence. Then she moved to Marshfield. But the time it takes her to get to and from work has remained the same because of reconstruction on the Southeast Expressway. "On a good day, it takes me about an hour and a half to get here in the morning," she explained. "But it's taken me as long as three hours to get home on some nights. I think if I had known the commute would be so bad I would have had second thoughts about moving to the South Shore. I know I used to love to travel...to go places in my car. Now, I spend most of my free time at home."

At least two other commuters, however, have found the opposite to be true. "A two-hour drive doesn't seem that long anymore," said Mr. Marden. And Ms. Cumpata added that she and her husband even come into Boston on the weekends.

Many of those who commute long distances said they try to use their traveling time as effectively as possible. For Jane Pardy and John Marden, it's a time "to solve problems," for Bill Henry, the acting Chief Therapist in Respiratory Care and a resident of Londonderry, it's a time "to do planning," and for others like John Ohliger, it's a time to do "a little day dreaming."

But for some, a long ride can also have its benefits. "It gives me a chance to unwind," remarked Ellen MacDonald, a registered nurse on Bigelow 11 who lives in Marshfield. "There's a lot of stress to my job, so sometimes I look forward to a chance to relax on the way home."

Others acknowledge, though, that it can be lonely. However, Mahfred Griesemer, for one, is able to speak with others, even though he drives alone. "I'm a CB operator," he explained. "So the commute to Barrington isn't as long as it might be. The other operators keep me company."

Needless to say, the obvious question these MGH commuters have been asked over the years is certainly one they have asked themselves over the years....Is it all worth it?

"I try not to think about the negatives," remarked Ms. Cumpata. "I had job offers closer to my home, but I felt that the opportunities at the MGH were far better."

"I would have to work at two jobs to earn what I'm making here," said Mr. Ohliger. "And I would lose some benefits." Mr. Henry put it more bluntly: "My slogan is 'make it in Massachusetts, but spend it in New Hampshire.'"

Others talked in terms of trade-offs. "I like living in the country very much," said Mr. Elliot, "so I'm willing to sacrifice my commuting time to do that."

"For many people, the location of one's home is more important than the location of one's job," believes Ms. Gilbert. "It's all a matter of determining your priorities and trade-offs. Personally, I prefer the life-style I have in New Hampshire, and the location of our home would be difficult to find elsewhere. My current career path, on the other hand, would not be easily transferred to New Hampshire nor would I want to give up the special opportunity of working with Dr. Potts and my Medical Services colleagues at the MGH. Besides, 5 a.m. is such a lovely time for rising!"

But most of these commuters admit they would not want to be put into a position of deciding between where they work and where they live. As Paul Palermo put it, "I guess many of us feel that we have the 'best of both worlds.' Unfortunately for us, the worlds are 40 or 50 miles apart."

THE MGH HOT LINE

October 4, 1984

News Office, Bulfinch 1, Ext. 2206

New Appointments

Harold J. DeMonaco has been appointed the new Director of the MGH Pharmacy. Mr. DeMonaco's appointment came following a nationwide search of hospital and industrial pharmacists over the past year. He was selected by a collaborative group of physicians, nurses, and administrators. Mr. DeMonaco received both his bachelor's and master's degrees from the Massachusetts College of Pharmacy and also attended graduate school at Northeastern University. He has served as Clinical Consultant at the Eunice Kennedy Shriver Center for Mental Retardation, as Director of Pharmacy Services at Leominster Hospital, and most recently as Assistant Director of Pharmacy at the MGH. He holds an academic appointment at the MGH Institute of Health Professions and is an Associate in the Geriatric Education Center at Harvard Medical School.

Kurt Westerman, Director of Fringe Benefits, has also assumed responsibility for directing the Office of Training and Development. Mr. Westerman has been at the MGH for the last six years.

Ether Day Almost Here

On Ether Day, October 19, employees with 5, 10, 20, 30, 40, and 50 years of service will be honored for their long-term employment at the MGH. These employees can be recognized on that day by the red carnations they will be wearing. The carnations will be available the morning of Ether Day beginning at 7 o'clock, in the Office of Human Resources on Bulfinch 2 directly across from the Benefits Office. Five- and ten-year pins will also be available at this time. A representative from each department should pick up these items. If any department should need pins prior to the morning of October 19, please call Donna DeOrio at Ext. 2214.

Lipid Service Established

The MGH's Cardiovascular Health Center has announced the formation of a Lipid Consultation Service. Dr. Wayne Peters will serve as the primary contact for the service. A coronary heart disease risk profile will be developed on the basis of the lipid abnormalities, and a classification will be made of the lipoprotein disorder. An assessment will then be made of a possible genetic cause, the possible presence of a secondary cause, and/or a dietary cause. The clinic will also have a nutritionist available to assist in evaluations and counseling. Patients will be accepted only by the referral of a physician. Both inpatient and outpatient referrals are welcome. The Lipid Consultation Service will meet Monday mornings on ACC 5 in the Medical Specialties Unit. For more information, please contact Dr. Peters at Ext. 5910 or by paging him at 5591.

Sports Shorts

The MGH Tennis League will begin its sixth season on October 5. Beginners, intermediates, and advanced players are encouraged to join. The League meets every Friday night from 5:30-8:30 at the Charles River Park Tennis Club, located on the roof of the Lomasney Way Garage. Come tomorrow ready to play. For more information, please contact Phillip at Ext. 6136 or Merrilee at Ext. 3742.

Nearly 200 people attended the MGH Volleyball League Banquet, held on September 30 on the Martha Washington, docked in Boston Harbor. The League is seeking new players for its winter season. For more information, please call Donna Cutillo at Ext. 1880.

More Courses

The MGH and the Institute of Health Professions Continuing Education Program are sponsoring the following courses and conferences this fall:

Home Monitoring for High Risk Infants. Saturday, October 20, 9:00-3:15, Walcott Room. Fee: $85, including lunch.

Coping with Computers in the Health Care Setting--Thomas Kelly, MBA, Instructor. Saturday, November 3, 9:00-5:00, Walcott Room. Fee: $85, including lunch.

Computers Revisited--Thomas Kelly, MBA, Instructor. Saturday, November 10, Walcott Room. Fee: $85, including lunch.

CEUs available. All programs are eligible for MGH Tuition Aid (Ext. 2230). For more information, please call Ext. 8010 or complete the form below and mail to Continuing Education, Bartlett 5.

Name_____

Profession_____

Department_____

Location_____

Benson's Animal Farm will be hosting a "Mass. General Hospital Weekend" on October 6, 7, and 8. Special admission prices will be offered with discount cards that are now available in the Staff Records Office on Bulfinch 2.

To Eat Or Not to Eat...

The MGH Nutrition Service reminds you that the program, EATING FOR THE HEALTH OF IT, begins on Thursday, October 11, from 6:30-8:00 p.m. The program is an innovative nutrition and cooking class that provides participants with the practical "know-how" to successfully change problem eating habits. The fee is $80, $70 for MGH employees, and $140 for two people from the same household. The Nutrition Service is also offering a new group Weight Management Program, which will focus on lifelong weight management, rather than short-term dieting. Daily walking groups will be organized to facilitate regular exercise for participants. Groups will meet at 8:00 a.m. and 5:30 p.m., beginning October 24, and will run through January 9. The cost is $80, $70 for MGH employees. For more information on either program, please contact the Nutrition Service at Ext. 2779.

Sailing with Friends

The Friends of the MGH Children's Service held their first public event: a sail to George's Island aboard the tall ship Spirit of Massachusetts on Sunday, September 9. A very special guest at the event was 13-year-old Hope Ruprecht, a former Little Miss Heart Fund for Massachusetts. She represented the many former MGH Children's Service patients.

Note These Numbers

The following units have new telephone extensions:

Bigelow 13 (Orthopaedics) Nurses Station--Ext. 6100, 6101, 6102

Bigelow 12 (Neuro) Nurses Station--Ext. 3356, 3357

Bigelow 12 (Burn Unit) Nurses Station--Ext. 3354, 3355

Baker 11 (Orthopaedics) Nurses Station--Ext. 3330, 3331, 3332

Please note these changes in your MGH telephone directory.

MGH in the Media

Dr. Charles McCabe, Assistant Director of Emergency Medical Services, appeared recently on the program "Day Time," telecast on WSBK-TV (Channel 38) and on "Sunday Open House," telecast on WCVB-TV (Channel 5). Dr. McCabe's appearances were in conjunction with Emergency Medicine Week. He was also interviewed by WEEI Radio.

Dr. Frederick W. Ackroyd, a Trauma Surgeon, was a recent guest on the "Xenakis on Health" program, broadcast on WRKO Radio. He also talked about Emergency Medicine.

THE MGH HOT LINE

October 18, 1984

News Office, Bulfinch 1, Ext. 2206

Remember Ether Day

A reminder to all employees that tomorrow (Oct. 19) is Ether Day. The ceremony will be held at 3:00 p.m. in the ACC Cafeteria. A listing of recipients is posted across from the General Store. The ACC Cafeteria will be closed at 1 p.m. on October 19 and again at 1 p.m. on October 25.

It Took Only One Shot

Tom Kirk of Environmental Services has a new nickname "Ace." And there's a very good reason for it. On September 21, Mr. Kirk attained what must be the goal of duffers everywhere. While playing golf at the Trull Brook Golf Course in Tewskbury, Mr. Kirk recorded his first ever "hole-in-one" on the par three, 148 yard 11th hole. There to witness the event were his playing partners Pete Geraghty, Rick Mucci, and Gary Hart, all MGH night shift employees. After watching his wedge shot go directly into the hole on one bounce, "Ace" was heard to remark, "This game is academic. Maybe I'll try scuba diving next!"

Fall Exercise Programs Announced

If you're interested in shaping up this fall, the MGH is offering several co-ed fitness programs. They include:

SPECIAL EARLY BIRD--7:00 a.m. on Wednesdays. Must have at least eight participants to generate a program.

AEROBIC EXERCISE--12:00-1:00, Monday through Friday; 4:15-5:15, Monday through Thursday (beginning November 5); 5:30-6:30, Monday through Thursday.

Both these programs are held in the basement of Ruth Sleeper Hall. Applications will be accepted at any time. Showers and changing facilities are provided.

MODIFIED EXERCISE--5:30-6:30, Monday and Wednesday for beginners, Tuesday and Thursday for intermediates (beginning October 23). This class is offered by the Physical Therapy Department in the Physical Therapy Gym on ACC 1. A referral letter from a physician is required for the Modified Program.

A written application is required for all programs. You can apply at the Office of Training and Development on Bulfinch 2. For more information, please contact Regina A. Craffey, R.N., Health Education Coordinator, at Ext. 2576.

Join the Hoopla

The MGH Basketball League begins play in November. Games will be played on Thursday evenings at Boston English High School. If you are interested in joining or entering a team, please contact Buddy Paull at Ext. 8205.

Attention Bowlers

The MGH Bowling League is looking for new bowlers. The League meets Thursday evenings at 5:15 at the Kenmore Bowladrome, 64 Brookline Avenue (near Fenway Park). For more information, please call Carolynn at Ext. 8527.

If you ran in the Bonne Bell road race last week, the HOT LINE would like to hear from you. Please write or call the News Office (Ext. 2206) with your name and time.

News from the Post Office

The MGH Post Office wants you to know that in-house envelopes that can be recycled are still available in the Post Office in the Gray Building. Also, if you are sick of receiving junk mail at home, you can do something about it. You can write to the Mail Preference Service, Direct Mail Marketing Association, 6 East 43rd Street, New York, New York, 10017, and request a "drop form" from the company.

In case you haven't noticed, there is an Express Mail Box located on Blossom Street, just outside the Gray Building. In order to use this mail box you must obtain special labels from the U.S. Post Office. Fill out the label and affix it to the envelope. An envelope of up to two pounds can be mailed for $9.35. If your package is more than two pounds, you must have it weighed at the U.S. Post Office. If the envelope is two pounds or less, you can pay the $9.35 postage at either the U.S. Post Office or the MGH Post Office. The MGH Post Office, however, requires that you complete a yellow requisition slip. In order to guarantee next day delivery to most areas, all envelopes must be mailed before 5 p.m. For more information on Express Mail, please contact the U.S. Post Office at its toll free number--1-800-322-0707.

Around MGH

Dr. J. Robert Buchanan, General Director, has been elected Vice-President of the Biomedical Foundation for Animal Research.

Dr. Morton N. Swartz, Chief of the Infectious Disease Unit, has been presented the Bristol Award by the Infectious Diseases Society of America at its annual meeting in Washington, D.C. Established in 1964, the Bristol Award is the highest award bestowed by the Society and is presented for distinguished achievement in infectious diseases. The Infectious Diseases Society of America is the official body representing infectious disease specialists in the United States and the western hemisphere.

Dr. George R. Prout, Jr., Chief of Urology, has been invited to present a series of lectures on bladder carcinoma in honor of Dr. Meyer Melicow, a pioneering pathologist in this area. Dr. Prout will be the guest of the Israeli Urological Association in Tel Aviv.

Dr. John Locke, Director of the Neurolinguistics Laboratory and Professor in the MGH Institute of Health Professions, recently delivered an address at the Wenner-Gren Center in Stockholm, Sweden. Dr. Locke's topic was "The Linguistic Significance of Babbling."

MGH in the Media

Dr. Roman W. DeSanctis, Chief of Clinical Cardiology, was interviewed recently by the WCVB-TV (Channel 5) program "Chronicle" on the subject of exercise and the heart.

Dr. Paul Kamitsuka, a Resident in the Emergency Ward, appeared recently on WBZ-TV (Channel 4) to talk about PACs, a new combination of drugs used by young people.

On November 20, the PBS program, "Front Line," telecast locally on WGBH-TV (Channel 2), will examine the "Baby Doe Case." The MGH was used for some of the background hospital footage for the program, including the opening scene in front of the White Building. Interviewed for the program was Dr. Patricia O'Malley, an Assistant in Pediatrics.

The MGH was featured in the October/November, 1984 edition of American Heritage. Entitled "The Genealogy of Mass General," the article describes "How a favorite local charity of Boston's Brahmins...grew into one of our great democratic medical institutions." The article also describes the MGH as "one of the twentieth century's monuments of scientific medicine."

October 25, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

We're Helping to Build Our Own Future

by the MGH Capital Fund Drive Operations Committee and Committee Chairmen

Throughout the world the Massachusetts General Hospital is recognized as a leader in medical care, education, and research, an institution of unquestioned importance to society, and total dedication to public service. We, the employees, through our work, give that dedication strength and life. Each of us contributes, directly or indirectly, to the quality of patient care. Now we are being given the opportunity to contribute to the MGH Capital Fund Drive to enable the hospital to provide a modern, healthful environment for our patients and a more efficient spacious working environment for us all.

Dr. Buchanan, in endorsing our activities, has expressed his personal wish that the employees' activities foster a strong sense of community and that they be fun. That won't be hard to do! About 80 employees on several committees have already been working toward that end. The result is an exciting variety of campaign activities that are sure to capture all our interests.

Here is a brief rundown:
April 10, 1985--THE KICKOFF to the Fund Drive, to be held on the Bulfinch Patio. Refreshments and entertainment.

(continued on page 7)

The portraits of Arthur O. and Gullan M. Wellman hang inside the lobby of the hospital's newest building, adjacent to the MGH's oldest building.

Wellman Research Building Dedicated

Medical research, essential in combatting common and exotic diseases alike, has a 21st century look at the MGH.

Dedicated on October 11, the Arthur O. and Gullan M. Wellman Research Building brings together under one roof a diversity of visionary research that includes the largest medical laser research facility in the world, innovative studies in plant and animal genetics, and interdisciplinary work in the neurosciences.

Made possible by a $15 million pledge in 1981 by Arthur O. and Gullan M. Wellman of Palm Beach, Florida, formerly of Brookline, the Wellman Building houses medical specialties that are geared to produce major advances in medicine in the coming decades. Photomedicine; cellular and molecular biology; metabolism; endocrinology and nutrition; neurosciences; and aging, growth, and development are some of the areas of interest to MGH investigators. In addition to the Wellmans, many other corporations, foundations, and individuals have pledged large donations for several of the research programs conducted in the Wellman Building.

The high concentration and proximity of scientists and scholars in the new facility tailored for specific types of studies fosters collaboration between laboratories in interdisciplinary research.

"The MGH is a flagship of contemporary medicine," said Dr. J. Robert Buchanan, General Director of the MGH. "Throughout the hospital's history, research conducted here has led to dramatic breakthroughs in

(continued on page 8)

Electricity in the Air

Members of the Electric Shop celebrate after winning the MGH's Softball Championship. Story on page 3.

It's All Over for Overnight Ward

They brought their signs, their Christmas tree, and of course their mascot Bullwinkle.

By the end of the night the signs were gone, the Christmas tree was put into storage for another couple of months, and Bullwinkle was looking a little sad.

After 68 years, it was all over for the Overnight Ward. The once separate inpatient emergency observa-

(continued on page 2)

The staff is still here, but the Overnight Ward is no more.

Conquering Valleys, Then Peaks

So often first impressions are lasting ones.

The year was 1973. Muffy Lutzin, an MGH Recreation Therapist, walked into the Penthouse on White 13 to meet with a group of patients. As she came through the door, her eye immediately focused on one of them ...a new patient whom she had never before seen. The reason why the patient caught Ms. Lutzin's attention was because this 13-year-old girl, who had recently had her right leg amputated, was standing on her head.

"I thought to myself, 'Here is someone who's not afraid to take risks to overcome her handicap,'" recalled Ms. Lutzin.

Eleven years later, the scene shifts from the top of the White Building to the top of Mount Ranier in Seattle, Washington. There,

(continued on page 3)

Ferraro Gets Bacteriology Lab's Vote

While Geraldine Ferraro may have already changed the course of human events, another woman by the same name hopes in time to bring about some changes of her own at the MGH.

But Mary Jane Ferraro, the new Director of the Bacteriology Laboratory concedes that, unlike politics, developments in the field of medicine tend to move a bit more slowly.

"But hopefully that can change," remarked Dr. Ferraro, who is also the Administrative Director of all the Clinical Labs. "Although we can learn the results of some tests on the same day, there are other procedures that require us to wait 48 hours or longer to learn something."

Dr. Ferraro added, however, that with advancements in technology and with the development of new equipment, the time taken to process many of these tests may some day be significantly reduced, while also reducing the cost.

Unlike some labs, Bacteriology relies more on people than instruments, since instruments may not be able to detect the existence of bacteria in some specimens.

Dr. Ferraro explained that the Bacteriology Lab is responsible for looking for and identifying microorganisms that produce infections. These can range from a urinary tract infection to tuberculosis. "Everyone has bacteria on his or her body," she said. "What we have to do is distinguish what are normal bacteria from those that cause disease."

From the time a specimen arrives at the lab, it usually requires an incubation period of 18 hours, then at least another 24 hours in order to identify what bacteria exists, if any.

But the Director added that bacteria are not the only thing the technologists are looking for. "We are also trying to identify the antigens," she said. An antigen is a protein or a carbohydrate, or a combination of the two, that is a component of a microorganism. By identifying the antigen, it is possible to detect many diseases, such as meningitis, within as short a time as five-to-ten minutes.

The Bacteriology Lab processes approximately 600 specimens a day, most of them urine and blood samples. Forty-five people work in the laboratory, the majority of whom are medical technologists. The lab is open seven days a week with both day and evening shifts.

Dr. Ferraro, who first came to the MGH in 1975 as a Fellow from the Harvard School of Public Health, said that one of the changes she has seen in the lab over the last eight years involves the discovery of Campylobacter, a bacterium that produces diarrhea. "We have found that this bacteria is even more prevalent than Salmonella and Shigella combined," she added.

And it's the discovery of these and other microorganisms, she said, that makes the clinical lab setting an exciting place to be in the 1980s. But the director was quick to add that some of the developments taking place right now could not have happened without many important efforts made in the past. "Dr. Kunz made this a great lab," she remarked, referring to Dr. Lawrence Kunz, who recently retired after being the lab's director for 30 years. "I just hope to be able to carry on his tradition of excellence."

She already has the name that has made history.

Dr. Ferraro (left) with Serology Supervisor Wendy Kallas

Overnight (continued from page 1)

tion unit was being combined with the MGH's Emergency Ward.

The Overnight Ward staff decided to mark the occasion on September 28 with a party in the Chalet...not exactly to celebrate, not exactly to mourn, but not to ignore the passing of history, either.

The unit once had more than 30 beds when it was situated in the E.W. area in the Moseley Building. But in recent years the Overnight Ward, situated next to the E.W. in the White Building, has had only nine beds.

The Overnight Ward has been used as a place where patients could stay for up to 72 hours for diagnostic or observation purposes. But with the addition of other units in the hospital for similar purposes, the decision was made to close the Ward. The staff and the space will now be absorbed by the Emergency Ward. It will also allow room for a CT Scan to be placed in the Emergency area.

One of the last acts of the Overnight Ward staff was to donate more than $300 to the Pediatric Emergency Ward. The money was raised through a contest involving signs in the unit. The winners were Dr. Lee Kaplan, a medical resident, Tom Laudenslager, and Dick Chevrette, both from Security.

If you're looking for the former Overnight Ward staff, most of them can still be found working in the same general area of the hospital. And if you're looking for Bullwinkle, you can probably find him there, too.

United Way
OF MASSACHUSETTS BAY

This year, more than a million people in eastern Massachusetts will need your help. Some of these people may be your neighbors, your friends, fellow employees, or even members of your own family.

You can help make life better for these individuals by giving to the United Way. The week of November 5 has been designated as "United Way Week at the MGH." This year, the hospital's goal is $100,000.

"More people at the MGH contributed to the United Way last year than ever before," stated Richard C. Daggett, Chairman of this year's MGH Campaign. "So we know we may have a tough act to follow. But we also know there is a great spirit here and also great compassion for others."

The United Way serves 183 local agencies in 86 cities and towns. Many of those helped are too ill or poverty-stricken to help themselves. And it doesn't take a lot to lend some assistance.

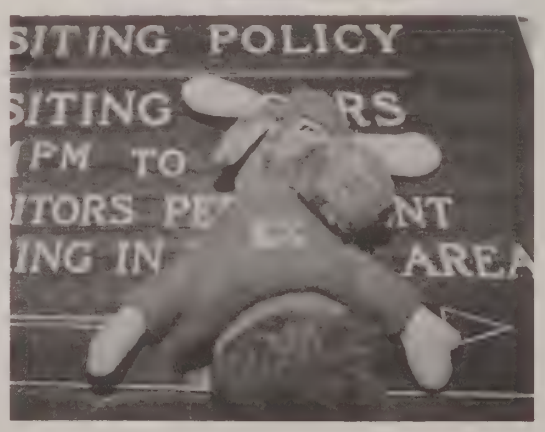
A weekly pledge of $1.15, for example, provides six days of supervised employment for a mentally retarded person. A pledge of $1.38 a week provides four nights of emergency care for a battered woman and her children.

One pledge works year-round helping people in need. And with each year, the need grows. Within the last six years, 37 agencies have become new affiliates of the United Way, including a record eight new affiliates just this past year. These new agencies provide day care, shelter for the homeless, drug and alcohol prevention and treatment, and parenting services.

"Many of us at the MGH unfortunately see pain and suffering every day," said Mr. Daggett. "But one contribution from each employee can go a long way to ease this despair for so many people."

Pledge cards will be distributed to every employee with their paychecks on November 1. And once again this year the Payroll Deduction method is an easy way to contribute.

As Mr. Daggett put it, "Just a small amount each week can make such a big difference to so many people in need."



The Overnight Ward mascot Bullwinkle

No Power Failure for Electric Shop

Billy Belton of the Paint Shop attempting to score a run in championship game. Catcher is John Schena of the Electric Shop.

A five-run explosion in the sixth inning was just the spark the Electric Shop needed to defeat the Paint Shop 13-7 to win the 1984 championship of the MGH Maintenance Softball League.

The Paint Shop had scored three runs in the top of the sixth inning to come within one run of the Electric Shop. But the Electric Shop followed with their five-run outburst to ice the victory and win the championship two games to one.

The clutch hitting of Mike Botte, the steady fielding of shortstop Paul Kerrigan, and the strong pitching of Orazio Martinello played key roles in the Electric Shop's victory.

The Paint Shop had jumped out to a 2-0 lead in the first inning of the third and deciding playoff game only to see the Electric Shop tie it in the very next inning and then take the lead 8-2 midway through the contest. But the Paint Shop came up with five runs of its own to make it 8-7. However, that was as close as they would come.

Mike Botte (left) and Dan Caufield of the Electric Shop congratulate each other on a job well done.

The championship series pitted the two best teams in the league this season. The Electric Shop, which finished first with a record of 11-1, defeated the team from Personnel, two games to none in the opening round of the playoffs. Meanwhile, the second place Paint Shop, which ended the season with a 9-3 mark, downed the Doctors, two games to none, setting the stage for the final series.

The Paint Shop, which was the only team to defeat the Electric Shop in the regular season, took the first game of the series 13-6. But the Electric Shop came back to win the second game 13-9.

The Doctors team won the championship in 1982, the first year of the league, and the Refrigeration Shop won it in 1983. The Paint Shop has made it to the championship series in two of the three years.

Peaks (continued from page 1)

14,410 feet from the base, Sarah Doherty is not standing on her head but on one leg and one crutch, screaming, "We're here. We're here. I can't believe it!"

She had fulfilled a long-time dream of becoming the first woman amputee to reach the peak of the mountain without the use of an artificial leg.

"But it all really started with Muffy and the MGH," declared Ms. Doherty, now 24 and an occupational therapist in Seattle. "Muffy, Dr. (Joseph) Barr, and John Snowden gave me the confidence I needed to do something like this."

As a youngster, Sarah Doherty had always been interested in athletics. In junior high school in her hometown of Taunton, she was an avid runner and competed in the long jump. It was the night before an important track meet, in fact, when fate stepped in to change her life. She was riding her bicycle to a friend's house to spend the night when she was struck by a car, her right leg and pelvic bone locked against the car's bumper. She was rushed to Morton Hospital in Taunton, where her leg and part of her pelvis were amputated. Four months later, the teenager came to the MGH to begin learning how to walk with an artificial leg.

"It was naturally a very frightening experience," related Ms. Doherty. "I was just 13. I felt that in many respects my life was over. But with the help of the staff, I realized what I could do and what I couldn't."

One of the things she soon realized she could still do was stand on her head. "That's what I was doing when Muffy saw me," she explained. "Everybody in the room that night was telling each other what they could do. I guess I just wanted to show off a little."

But life moved slowly for Sarah Doherty during those years immediately following her accident. "It took me about a month to learn how to walk with a prosthesis," she explained, "but it took me two years to learn how to live with my handicap physically and about 10 years to learn how to live with it emotionally."

She tried to remain athletic, becoming captain of her high school swimming team. But at the suggestion of Muffy Lutzin, Ms. Doherty was introduced to the New England Handicapped Sportsmen's Association. And that's when she became involved in skiing and mountain climbing, although at first she had serious doubts about her ability to compete on one leg. "It's such a fluid sport, and my movements were so awkward," she admitted. "I never thought I'd be able to learn. But I enjoyed it too much to give up."

But learn she certainly did, well enough to become the New England Handicapped Skiing Champion in her division before moving to Seattle in December of 1982.

And it was soon after her arrival in the northwest that she decided to climb Mount Ranier. But not just *because it was there*. "I feel my best in the mountains," she said. "I knew it would be a psychological as well as a physical challenge to do it. But I also felt that I would have been missing something important if I didn't make the attempt."

After months of rigorous training, her personal challenge began about 3 a.m. on August 3. There in the morning darkness, Ms. Doherty and four companions began their journey to the light at the top. Ms. Doherty used two specially designed ski poles to make the trip. But she added that there was something very important that also accompanied her. "I had a lot of luck," she said. "The weather was in our favor, and the wind was not that bad. The only problem I had was when I lost my left crutch about 12,000 feet up."

However, she had no intention of letting something like a lost crutch stand in the way to the top. At approximately 10 a.m.--some seven hours after she began--Sarah Doherty had reached her peak.

"I remember just standing there at the top, seeing how beautiful everything was," she recalled. "In a way I felt that many other handicapped people were with me. It was a great feeling, just a great feeling."

So after admittedly suffering a few low points during the past 11 years, the former MGH patient is now on a natural high. "The thing about being handicapped is that you can't fool yourself or others," she remarked. "I know I'll never be able to do a lot of things I enjoyed doing before, such as running. But I also know that there are many things I can still do on one leg."

Ms. Doherty, whose twin sister is a graduate of the MGH School of Nursing, added that her next quest may be Mount McKinley and then perhaps Mount Everest! And her former therapist believes she definitely has what it takes to do it.

"Sarah's just an incredible young woman," said Ms. Lutzin. "She makes up her mind that she's going to do something and then goes out and does it. I often use her as an example for my other patients as far as what you can do if you put your mind to it. Just because someone is compromised in terms of physical ability doesn't mean that he or she can't take risks or meet challenges."

But Ms. Doherty doesn't see it as simply taking a risk. "I want to be good at what I can do," she asserted. "I think I'm only now reaching the stage where I have a good idea what that is. But the way I feel now, I can't help but think that the sky's the limit."

Or at least the top of a few more mountains.

Sarah Doherty being helped with some of her equipment during the early days of her training to climb mountains

Ether Day

SERVICE PIN AWARDS — 1984

In recognition of service

FOR FIFTY YEARS

John Graham, M.D, *Medicine*
Bernard Jacobson, M.D., *Medicine*
Marian Ropes, M.D., *Medicine*
Fiorindo Simeone, M.D., *Medicine*

FOR FORTY YEARS

Benjamin Barnes, M.D., *Surgery*
John Crawford, M.D., *Pediatrics*
Joseph Gardella, M.D., *Medicine*
Richmond Holder, M.D., *Psychiatry*
Alexander Leaf, M.D., *Medicine*
Hans Peter Mueller, M.D., *Radiology*
George Nardi, M.D., *Surgery*
William Prentice, Jr., *Dietetics*
Chiu An Wang, M.D., *Surgery*
William Wash, *Pharmacy*
Avery Weisman, M.D., *Psychiatry*
Earle Wilkins, Jr., M.D., *Surgery*
Masao Yatsuhashi, M.D., *Surgery*

FOR THIRTY YEARS

Karl Austen, M.D., *Medicine*
Daniel Caufield, *Maintenance*
John Dalton, M.D., *Medicine*
Jack Dreyfuss, M.D., *Radiology*
Mary Egan, *Clinical Administration*
Albert England, Jr., M.D., *Neurology*
C. Miller Fisher, M.D., *Neurology & Pathology*
Maurice Fontaine, *Ambulatory Care*
Arthur Ford, *Special Funds*
Wilma French, *Cortical Function Lab*
Kurt Isselbacher, M.D., *Medicine*
Robert Lincoln, M.D., *Oral Surgery*
Mary Luciano, *Dietetics*
Dorothy Jeanloz, *Carbohydrate Res. Lab*
William MacAusland, Jr., M.D., *Orthopaedic Surgery*
Mary MacLeod, *Emergency Ward*
Arthur McBride, *Dispatch Serv/ Post Office*
Eleanor Medeiros, *O.R. Administration*
Melvin Meister, *Rehabilitation Service*
John Murphy, *Maintenance*
Alexander Nadas, M.D., *Pediatrics*
Velma Parker, *Environmental Services*
Richard Peebles, Ph.D., *Psychiatry*
Leonard Plotkin, M.D., *Pediatrics*
Majic Potsaid, M.D., *Radiology*
Leo Roman, *Orthopaedic Workshop*
Gene Smith, Ph. D., *Anesthesia & Psychiatry*
Oscar Starobin, M.D., *Medicine*
Rose-Marie Stukas, Nursing
Scott White, *Medical Records*
Thomas Whitfield, III, M.D., *Pediatrics*

FOR TWENTY YEARS

Annie Abloth, *Sheppard Gill School*
Sherry Autor, M.D., *Psychiatry*
Sylvia Barkavich, *Fiscal Affairs*
G. Octo Barnett, M.D., *Medicine*
John Baronian, *Radiology*
Theresa Benkis, *Dietetics*
Mary Berbaum, Clinical Administration
Peter Block, M.D., *Medicine*
Edward Bloom, D.P. M., *Orthopaedic Surgery*
Josephine Breda, *Nursing*
Robert Brooks, *Orthopaedic Workshop*
Catherine Bruce, *Nursing*
Miriam Carney, *Neurology*
Paul Chapman, M.D., *Neurosurgery*
James Conley, *Environmental Services*
A. Benedict Cosimi, M.D., *Surgery*
Sarah Daley, *Nursing*
Nick Darides, *Maintenance*
Frances Davis, *Dietetics*
Mamie Debnam, *Dietetics*
Donald Donovan, D. P.M., *Orthopaedics*
James Dowson, *Dietetics*
John Drake, *Intensive Care Study*
Amir Farhadi, M.D., *Psychiatry*
Joseph Ferrucci, Jr., M.D., *Radiology*
Mark Field, Ph.D., *Psychiatry*
Alfred Fiore, *Pharmacy*
Grania Fishwick, *Occupational Therapy*
Clotilda Flahive, *G.I. Unit*
John Fleming, *Medical Records*
Virginia Gilligan, *Fiscal Affairs*
Kathleen Grady, *Photography Lab*
Stanley Grzybek, Biomedical Engineering
Raymond Hawkins, *Cardiovascular Res. Lab.*
Federick Haynes, *Fiscal Affairs*
Patricia Herbai, *Nursing*
Lizzie Hicks, *Environmental Services*
Deborah Hill, *Social Service*
Cyrus Hopkins, M.D., *Medicine*
Mildred Johnson, *Clinical Lab*
Jerome Kagan, Ph.D., *Children's Service*
Johann Kaltofen, *Medical Records*
Adolf Karchmer, M.D., *Medicine*
Marie Kerrigan, *Staff Clinic*
Aggie King, *Dietetics*
Edwin Kolodny, M.D., *Neurology*
Jennie Lapia, *Clinical Lab*
Dexter Lawson, M.D., *Surgery*
Alfreda Ledbetter, *Dietetics*
Michael Lewis, M.D., *Surgery*
Claire Little, *Amb. Care Radiology*
Evelynn Lydon, *Clinical Administration*
Mary Lynch, *Nursing*
Harry Mackay, Ph. D., *Neurology*
Barbara Mahoney, *Nursing*
Edward Mason, M.D., *Psychiatry*
McDonald McBride, *Nursing*
Margaret McCallum, *Amb. Care Radiology*
Marjorie McCoy, *Fiscal Affairs*
James McFarland, M.D., *Medicine*
Christine McGlory, *Amb. Care Radiology*
Loretta McGowen, *Social Service*
Martin Mihm, Jr., M.D., *Dermatology & Pathology*
Barbara Miller, *Communications*
Mark Mohan, *Blood Transfusion Service*
Carrie Moxley, *Materials Management*
Edward Nichols, Jr., *Medical Records*
Carol Norris, *Nursing*
Susan Perry, Rehabilitation Service
Donald Pierce, M.D., *Orthopaedic Surgery*
Zigmunt Pozatek, D.M.D., *Oral Surgery*
Bessie Purnell, *Environmental Services*
Alice Raulinaitis, *Fiscal Affairs*
Maria Rebello, *Environmental Services*
William Reposa, *Environmental Services*
Bruce Rosenberg, M.D., *Pediatrics*
Kenneth Rosenthal, *Pharmacy*
Margaret Schulz, *Nursing*
Siraj Shamsi, *Pharmacy*
Daniel Shannon, M.D., *Pediatrics*
Thomas Shea, M.D., *Radiology*
Violet Shepherd, *Clinical Administration*
John Siteman, *Environmental Services*
Jacquelin Smith, *Surgical Services*
Josephine Souza, *Clinical Administration*
Maureen Tardelli, *Language Clinic*
George Terzides, *Maintenance*
Carolyn Thayer, *Admitting*
Carrie Tolliver, *Nursing*
Joel Umlas, M.D., *Pathology*
Christine Wennersten, *Infectious Disease Lab*
Mary Woods, *Social Service*
Robert Young, M.D., *Neurology*

FOR TEN YEARS

Myriam Amaro, *Pharmacy*
Darlene Anderson, *Nursing*
Victoria Andrews, *Radiation Medicine*
Leslie Appleton, *Orthopaedic Res. Lab*
Robert Arnold, *Burns Associates*
William Arnold, *Respiratory Care*
Ada Arthur, *Dispatch Serv/ Post Office*
Keith Ashby, *Environmental Services*
Patricia Aulson, *BHHC*
Patricia Awbrey, *Blood Transfusion Service*
Deborah Babchyck, *Pharmacy*
Edna Barry, *Anesthesia Res. Lab*
Elizabeth Beglin, *Nursing*
Robert Beh, *Radiation Safety*
Alberta Bennett, *Nursing*
Lynda Bessette, *Radiology*
Elsa Betancourt, *Dietetics*
Martha Birchall, *Respiratory Care*
Josephine Birdsey, *Revere Health Center*
Janice Blades, *Renal Res. Lab*
Arthur Blanchard, *Maintenance*
Judith Blatchley, *Psychiatry Service*
Myrna Bocage, *Social Service*
Grace Bommarito, *Medical Service*
Thomas Botelho, *Radiology*
Paul Boudreau, *Cardiovascular Res. Lab*
Patricia Boustedt, *Social Service*
Barbara Bradley, Radiology
Stephen Bradley, Radiology
Ingrid Braznell, *Respiratory Care*
Melvin Brooks, *Environmental Services*
Celeste Brown, *Environmental Services*
Lilly Browne, *School of Nursing*
Donald Broza, *Maintenance*
Mary Buckley, *Nursing*
Dorothy Burnett, *BHHC*
Helen Burns, *Dietetics*
Robert Burroughs, *Dispatch Serv/ Post Office*
Robert Butts, *Nursing*
Donna Caira, *Shriver Center*
Geraldine Caputo, *Thyroid Res. Lab*
Edward Carter, *Computer Center*
Pamela Carter, *Radiology*
Barbara Chase, *Amb. Care Nursing*
Diane Chillog, *Clinical Administration*
Edward Chimo, *Computer Center*
Clementin Clachar, *Dietetics*
William Clemons, *Administration*
Ida Clifton, *School of Nursing*
A. Bernard Collins, *Pathology*
Elisabeth Compagnone, *Radiology*
Stephen Conley, *Pathology Lab*
Jane Connolly, *Nursing*
Marianne Connolly, *Nursing*
Mary Connolly, *Nursing .*
Khloe Conte, *Amb. Care Nursing*
Frank Contrado, *Maintenance*
Pauline Corley, *Fiscal Affairs*
Carlo Cuccia, *Transportation Service*
Marian Damato, *Nursing*
Felice Damore, *Maintenance*
Lue Davis, *Nursing*
Amalia Delsoin, *Environmental Services*
Jacquelin Dembro, *Gray 3A R.I.C.U.*
Wendy DeMille, *Kidney Dialysis*
Lorraine Dennis, *Fiscal Affairs*
John DeRosa, *Materials Management*
Jeannette Dieudonne, *Materials Management*
Frank DiFiore, *Cytology Lab*
Nancy Dignan, *Personnel*
Alan Dillon, *Anesthesiology Service*
Toni Donarumo, *Biomedical Engineering*
Mary Donovan, *Clinical Administration*
Margaret Doucette, *Amb. Care Nursing*
Jean Drogo, *Pharmacy*
Adolphus Dunbar, *Security*
Mary Dutka, *Nursing*
Helen Dymek, *Nursing*
Sally Ebeling, *Pathology lab*
Susan Emery, *Gray 3A S.I.C.U.*
Cindy Emrich, *Personnel*
Janice Erlandson, *Nursing*
Lessage Eugene, *Materials Management*
Clarence Evans, *Dispatch Serv/ Post Office*
Sharon Evans, *Clinical Administration*
John Fahey, *Fiscal Affairs*
Kathleen Famiglietti, *Lab of Computer Science*
Cecile Fanti, Fiscal Affairs
William Farinelli, Dermatology Res. Lab
Panfilo Federico, *Endocrine Res. Lab*
Judith Feiner, *Infectious Disease Lab*
Gesner Felix, *Environmental Services*
Brenda Ferdinand, *Ambulatory Care*
Doreen Findlay, *O.R. Administration*
Kenneth Fischer, *Blood Transfusion Service*
Timothy Fish, *Admitting*
Fay Fleischer, *EW ON Ward*
Kevin Ford, *Medical Records*
Agnes Francis, *Dietetics*
Debra Fraser, *Amb. Care Nursing*
Louise Fred, *Endocrine Res. Lab*
Helen Freniere, *Amb. Care Nursing*
Maria Garcia, *Clinical Administration*
Jean Gaynor, *Radiology*
John Gennaco, *CMHCC*
Phyllis Giannino, *Medical Records*
Ellen Gill, *Clinical Neurophysiology*
Anne Giovanelli, *Radiology*
Daisy Gittens, *Clinical Administration*
Leona Golden, *Amb. Care Nursing*
Anne Goldenheim, *Cortical Function Lab*
Julio Gomex, *Environmental Services*
Erna Goring, *Clinical Administration*
Emilie Goudey, *Amb. Care Nursing*
Ann Gould, *Dietetics*
Scott Greenlaw, *Radiology*
Deborah Grotevant-Uhle, *Nursing*
Linda Gummow, *Nursing*
Kathryn Hackett, *Amb. Care Nursing*
Steven Haffa, *Pharmacy*
Francis Hailey, *Radiology*
Gayle Halfond, *Social Service*
Mammie Hall, *Dietetics*
Jean Hanscomb, *G.I. Clin. Lab*
Loretta Harhen, *I.C.U. Nursing Office*
Edgar Havey, *Surgical Res. Lab*
Helen Hazelton, *CMHCC*
Barbara Hedges, *Nursing*
Carolyn Hennessey, *Blood Transfusion Service*
Pearle Henry, *Nursing*
Jane Hermosa, *Nursing*
Urcella Hill, *Dietetics*
Thomas Hinds, *Environmental Services*
Judith Holden, *Bacteriology Lab*
Myle Holley, III, *Amb. Care Administration*
Mary Holland, *Nursing*
Cynthia Holmes, *Orthopaedic Service*
Joan Holmes, *Ambulatory Care*
Joyce Huggins, *Environmental Services*
John Hughes, *Security*
Hermie Humphries, *O.R. Administration*
Christine Hurley, *Gray 3A R.I.C.U*
Cynthia Hynes, *Radiology*
Marie Jacques, *Clinical Administration*
Lynn Jameson, *Cardiac Cath. Lab*
Denise Janeco, *CMHCC*
Ana Jauregui, *Environmental Services*
Fritz Jean-Paul, *Respiratory Care*
James Jordan, *Clinical Administration*
Altagrace Jourdain, *Environmental Services*
Rosemarie Joyce, *Ambulatory Care*
Lois Kane, *Payroll*
Lesley Kaufman, *L.V.C. Shops*
Paul Kayne, *Orthopaedic Service*
Georgia Kekis, *Bacteriology Lab*
Evelyn Keller, Infectious Disease Lab
Charles Kelley, *Maintenance*
Linda Kennedy, *Surgical Service*
Diane King, *Treadwell Library*
Dorothy Kinlin, *CMHCC*
Jane Kossmann, *Blood Transfusion Service*
Miller Krauss, *Pharmacy*
Jan Krusell, *Medical Records*
Mary Lahey, *Administration*
Anne Lane, *Radiology*
Linda Lass-Schuhmacher, *Sheppard Gill School*
Mary Lauretano, *Nursing*
Eleanor Leary, *Dietetics*
Marie LeBlanc, *Nursing*
Li-Yue Lee, *Pathology Lab*
Christine Lee, *Nursing*
Helene Leighton, *Treadwell Library*
Jacques LeRouge, *O.R. Administration*
Hilary Lewis, *Environmental Services*
Margaret Lewis, *Fiscal Affairs*
Virginia Lucas, *Card Biochem Res. Lab*
Linda Luecke, *Shriver Center*
Christine Lunetta, *Anesthesiology Service*
Ina Lynch, *Clinical Administration*
Sean Lynch, *Anesthesia*
Nancy Reidy MacDonald, *Vascular Lab*
Malcom Mackay, Radiology
Editha Magararu, *Urology Service*
Barbara Maguire, *Cost Accounting*
Patricia Mahoney, *CMHCC*
Carrie Mallory, *Psychiatry Service*
Jill Maloney, *Nursing*
Deborah Mard, *Nursing*
Carlo Mariano, *Radiology*
Mary Marley, *Amb. Care Administration*
John Martins, *Environmental Services*
Donna Mathis, *Nursing*
McDonald McBride, Jr., *Cardiovascular Res. Lab*
Ellen McCarthy, *Nursing*
John McCluskey, *Maintenance*
Marianne McGowan, *Admitting*
Cynthia McLernon, *Nursing*
Joyce McMahon, *Communications*
Theodore Medrek, *Infectious Disease Lab*
Carol Milbury, *Neurology Service*
Brenda Miller, *Nursing*
Ruth Millis, *Radiology*
Diane Mitchell, *Nursing*
Joanne Monahan, *Surgical Service*
Richard Moore, *Radiology*
Judith Morgan, *ACC Building Management*
Phyllis Morris, *Admitting*
Loukia Mourikis, *Anesthesiology Service*
Donna Muffoletto, *Amb. Care Administration*
Margaret Murtagh, *Bacteriology Lab*
Rosemary Naimo, *Nursing*
Sally Nash, *Ambulatory Care*
Josephine Natale, *Radiology*
Mary Nelson, *Nursing*
Judith Nelson, *Clinical Administration*
Kathleen Nelson, *Amb. Care Nursing*
Ursula Neptune, *Gray 3A S.I.C.U.*
Anne Nichols, *Orthopaedic Service*
Len Nurse, *Dietetics*
Julia O'Brien, *Nursing*
James O'Connell, *O.R. Administration*
William Otero, *O.R. Administration*
Quintina Palmer, *Administration*
Diane Patry, *Dermatology Res. Lab*
Gloria Pearl, *Nursing*
Roy Perley, *Environmental Services*
Patrice Pfister, *Amb. Care Radiology*
Margaret Phillips, *Revere Health Center*
Erna Place, *Amb. Care Nursing*
Keith Powell, *Dietetics*
Brenda Powers, *Surgical Service*
James Prendergast, *Materials Management*
Shirley Prescod, *Nursing*
Felice Rasero, *Nursing*
Mildred Reed, *Pharmacy*
Gene Reposa, *Environmental Services*
Flora Reyes, *Environmental Services*
Kathy Rice, *Personnel*
Deborah Richard, *Amb. Care Radiology*
Joan Robinson, *Nursing*
Kathleen Rogers, *Nursing*
Wayne Rollins, *Pharmacy*
Bruce Rossi, *Maintenance*
Lucy Russell, *Environmental Services*
Mary Russell, *Surgical Service*
Lorraine Sacco, *Anesthesiology Service*
Wendy Saver, *Gynecology Service*
Robert Sawicki, *Chemistry Lab*
Patricia Scarpelli, *Fiscal Affairs*
Joan Schwab, *Surgical Service*
Pearl Scrivano, *CMHCC*
Jane Shea, *Blood Transfusion Service*
Judith Shea, *Amb. Care Nursing*
Marion Shea, *Infectious Disease Lab*
Ruth Silen, *Social Service*
Carol Simonds, *Anesthesiology Service*
Roberta Singer, *Amb. Care Radiology*
Patricia Singleton, *Blood Transfusion Service*
Brenda Smith, *Clinical Administration*
Cynthia Snow, *Inst. of Health Professions*
Pamela Sopas, *Nursing*
Stuart Sotman, *Surgical Res. Lab*
Jean Spargo, *Bacteriology Lab*
Ruth Stokes, *EW ON Ward*
Annmarie Stout, *Anesthesiology Service*
Janice Strom, *Ambulatory Care*
Francis Sullivan, *Credit & Collection*
Karen Sullivan, *Nursing*
Peter Tam, *Anesthesiology Service*
Nancy Tanner, *Medical Records*
Virginia Tashjian, *White Recovery Room*
Adele Tirella, *Blood Transfusion Service*
Mark Tlumacki, *Orthopaedic Workshop*
Cynthia Tracy, *Nursing*
Virginia Tritschler, *Amb. Care Nursing*
Catherine Tronni, *Nursing*
Linda Vaccaro, *CMHCC*
Marylouis Volanth, *Fiscal Affairs*
May Vuilleumier, *Neurology Res. Lab*
Nancy Watts, *Inst. of Health Professions*
Jane Weir, *Blood Transfusion Service*
Mary Weisenmiller, *Fiscal Affairs*
Sylvia Weld, *Blood Transfusion Service*
Ronald Weymouth, *Radiology*
Ruth Whitney, *Materials Management*
Marcia Wilkins, *Dietetics*
Donna Wilson, *Respiratory Care*
Mark Winters, *Radiology*
Karen Wong, *Blood Transfusion Service*
Sherril Woodson, *Nursing*
Nancy Yuu, *Clinical Administration*

FOR FIVE YEARS

Dianne Abdelahad-Merca, *Medical Service*
Stephanie Adams, *Dietetics*
Frederick Afshar, *Purchasing*
Susan Aguiar, *Nursing*
Gail Alexander, *Gray 3A R.I.C.U.*
Pauline Alexander, *Dietetics*
Ernest Alexandre, *Medical Oncology Res. Lab*
Maria Alfonso, *Nursing*
Cheryl Alicea, *Nursing*
Philip A. Allen, *Dietetics*
Philip B. Allen, *Dietetics*
Mary Almeter, *Nursing*
Joaquin Alvarez, *Pharmacy*
Martha Andrews, *Ambulatory Care*
Elizabeth Angel, *Logan Air Station*
Patricia Anglin-Regal, *Nursing*
Julie Angueira, *Nursing*
Mary Arathuzik, *Nursing*
Jeff Armstrong, *Radiology*
Ann Austras, *Nursing*
John Baker, *Environmental Services*
William Baker, Jr., *Gynecology Service*
Steven Balba, *Radiology*
Marie Barbetta, *Amb. Care Radiology*
Jerry Barnes, *Environmental Services*
Betty Barrett, *Nursing*
Barrant Bartley, *Environmental Services*
Betty Batcha, *Nursing*
Emilyn Bellavia, *Nursing*
Vera Belle, *Clinical Administration*
William Belton, *Maintenance*
Grace Benoit, *Computer Center*
Michael Biales, *Communications*
Elayne Bloom, *Nursing*
Barbara Bobeng, *Dietetics*
Denise Boisvert, *Fiscal Affairs*
Kathleen Bomba, *Blood Transfusion Service*
Norman Borkow, *Dietetics*

Marjorie L[illegible]an, *Fiscal Affairs*
Kirven Boyd, *Dietetics*
Catherine Boyd, *Nursing*
Ann Boyko, *Nursing*
Charles Bragdon, *Orthopaedic Res. Lab*
Christine Briggs, *Ped. Microchem Lab*
Susan Broner, *BHHC*
Dave Brooks, *Environmental Services*
Ruth Brophy, *Nursing*
Ena Brown, *Nursing*
Peter Brown, *Computer Center*
Agnes Brown, *Dietetics*
Kathleen Brown, *White Acute Care Unit*
Maureen Brown, *Nursing*
Rose Brown, *O.R. Administration*
Carlotta Bryan, *Clinical Administration*
Norma Buckhaulter, *Clinical Administration*
Valerie Buckley, *White Acute Care Unit*
Jane Bujold, *Nursing*
John Bump, *Dietetics*
Mary Burke, *Nursing*
Michelle Burke, *Clinical Administration*
Steven Burke, *Credit & Collection*
Karen Burns, *Clinical Administration*
Anne Burton, *Dietetics*
Katherine Button, *Treadwell Library*
Magaret Byron, *Communications*
Veronica Cacciola, *Nursing*
Mary Cadigan, *Nursing*
Ardel Callender, *Anesthesiology Service*
Shelley Callender, *Fringe Benefits*
Joshua Camblos, Jr., *Radiation Medicine*
Carol Camooso, *Nursing*
Anthony Campbell, *Anesthesiology Service*
Sharon Campbell, *Endocrine Unit*
Esther Campos, *Medical Oncology Res. Lab*
Gregory Cannon, *Pharmacy*
Barbara Cappucci, *Chemistry Lab*
Susan Caputo, *Radiology*
Carol Card, *Nursing*
Cynthia Cardon, *Ambulatory Care*
Deborah Carlson, *Nursing*
Michael Carney, *Environmental Services*
Marvis Carroll, *Radiology*
Frank Casaletto, *Maintenance*
Richard Cashman, *O.R. Administration*
Carolyn Catinazzo, *Admitting*
Jeanne Ceglarski, *Nursing*
Eduardo Cespedes, Jr., *Environmental Services*
Francette Chappell,, *Environmental Services*
Mary Chasse, *Surgical Service*
Betty Chin, *Maintenance*
Lucy Chou, *Infectious Disease Lab*
Nicholas Ciampa, *Environmental Services*
Robert Clark, *Computer Center*
Anne Cobb, *Nursing*
Janice Cobb, *Bacteriology Lab*
Timothy Coburn, *Maintenance*
Mary Cochran, *Clinical Neurophysiology*
Debra Colbert, *Nursing*
Janet Comiskey, *Pathology Lab*
Claire Conlan, *BHHC*
George Connolly, *EW ON Ward*
Mary Connolly, *Nursing*
Nancy Corrigan, *Bacteriology Lab*
Wendell Coward, *Anesthesiology Service*
Paul Craigie, *Radiology*
Kathleen Crane, *Nursing*
Richard Crane, *Computer Center*
Richard Crater, *Fiscal Affairs*
Daniel Crewe, *Bacteriology Lab*
Carlo Crognale, *Maintenance*
Margaret Cronin, *Gray 3A R.I.C.U.*
Susan Croteau, *White Recovery Room*
Edwin Cruz, *Dispatch Serv/ Post Office*
Arthur Currier, *Dispatch Serv/ Post Office*
Donna Cutillo, *Anesthesiology Service*
Mary D'Orazio, *Amb. Care Radiology*
Sylvester Daley, *Dietetics*
Joan Daly, *Clinical Administration*
Louise Dattoli, *Resources & Development*
Jeff Davis, *Personnel*
Brenda Deane, *Radiology*
Deborah Degagne, *Clinical Immun. Lab*
Sharon Delaper, *Clinical Administration*
Theresa Dellorfano, *Environmental Services*
Dawn Dennen, *Nursing*
Donna Deorio, *Human Resources*
John Der Ananian, *Biomedical Engineering*
Caroline Derbyshire, *Gynecology Service*
Susan DeSantis, *Communications*
George Desko, *Radiology*
Frances DeVico, *Radiology*
Martha Devin, *Surgical Service*
Elizabeth Devlin, *Administration*
Daniel Diamond, *EW ON Ward*
Salvatore DiCecca, *Orthopaedic Workshop*
Gail Dickson, *Psychiatric Res. Lab*
Linda DiDomenico, *Nursing*
Vanessa Diflumeri, *Bacteriology Lab*
Anthony DiGiovine, Jr., *White Acute Care Unit*
Margaret Dineen-Orsini, *Amb. Care Nursing*
Tammy Donofrio, *Clinical Administration*
Susan Dover, *Nursing*
Joyce Dowd, *Admitting*
Maureen Downing, *Thyroid Clin. Lab*
Richard Duke, *Biomedical Engineering*
Edna Duncan, *Surgical Service*
Colline Dupuis, *Materials Management*
Catherine Eberly, *Anesthesiology Service*
Barbara Eddy, *Social Service*
Gayle Edelstein, *Dispatch Serv/ Post Office*
Florence Eden, *Dietetics*
Susan Edgerton, *Pathology Lab*
Ellen Effren, *Nursing*
Theresa Ewing, *Amb. Care Nursing*
Joanne Fahey, *Nursing*
John Fallon, Jr., *Maintenance*
Kathie Fallon, *Nursing*
Maureen Fallon, *Cardiac Cath. Lab.*
Patrick Famolare, *Maintenance*
Kathleen Farrell-Alexa, *Anesthesiology Service*
Lisa Favara, *Nursing*
Elizabeth Federman, *ECG Lab*
Martha Feinberg, *BHHC*
Mike Felder, *Dietetics*
Gloriosa Fenol, *Chemistry Lab*
Carol Ferrandi, *Nursing*
Robert Ferrante, *Pathology Lab*
Carol Flaherty, *Social Service*
Carlyle Flash, *Maintenance*
Diane Flynn, *Ambulatory Care*
Mary Foley, *Radiology*
Tabitha Folkes, *Dietetics*
Meta Fontellio, *Materials Management*
Ernestine Forbes, *ECG Lab*
Denis Frechette, *O.R. Administration*
Richard Freeman, *Radiology*
Anthony Fucaloro, *Maintenance*
Mark Furtado, *Maintenance*
Roger Furtado, *Dietetics*
Reina Galindo, *Clinical Administration*
Judith Gallagher, *Nursing*
Kathleen Galvin, *Cardiac Ultrasound Lab*
Charles Garabedian, *Chemistry Lab*
Mary Geary, *Urology Service*
Gail Geleas, *Devel Biology Lab*
Leo Geleas, *Environmental Services*
Arla Gentle, *Clinical Administration*
Sanquinetta Gethers, *ACC Building Management*
Anne Giacobbe, *Nursing*
Kenneth Giannino, *Chemistry Lab*
Kathleen Gill, *Rehabilitation Service*
Ann Gillis, *Fiscal Affairs*
Joan Gillis, *Nursing*
Jeanne Giovino, *White Recovery Room*
Margaret Gittens, *Dietetics*
James Glavin, *Bacteriology Lab*
Susan Gordon, *Amb. Care Nursing*
John Gould, *EW ON Ward*
Miriam Gourley, *Radiology*
Rosemary Grannum, *Clinical Administration*
Rosalyn Gray, *Radiation Medicine*
Anne Grazioso, *Nursing*
Patricia Griffin, *Nursing*
Diana Grobman, *Nursing*
Robert Groth, *Pharmacy*
Nina Guerra, *Nursing*
Robert Guerra, *Medical Records*
Kirt Gulston, *Medical Records*
Irene Gunn, *Surgical Service*
Joseph Hall, *Dispatch Serv/ Post Office*
Isadora Hamilton, *Clinical Administration*
Andrew Hamilton, *Biomedical Engineering*
Nancy Hanafin, *Endocrine Unit*
Jane Hardiman, *Anesthesiology Service*
Linda Hardy, *Administration*
Anne Harper, *Inst. of Health Professions*
Mary Hart, *Clinical Administration*
William Harvey, *Security*
Moira Hayes, *White Acute Care Unit*
Kathleen Healey, *CMHCC*
Bobby Henry, *Dietetics*
Charles Herron, *Language Clinic*
John Hickey, *ACC Building Management*
Dolores Hill, *Fiscal Affairs*
James Hinds, *Lab for Comp. Science*
Deborah Hoffman, *White Acute Care Unit*
Barbara Holleman, CMHCC
Kenneth Holmes, *Lab for Comp. Science*
Carol Homeyer, *Nursing*
Linda Honeycutt, *Orthopaedic Service*
Robert Horstman, *Chaplain's Office*
Rosemary Howard, *Nursing*
Pamela Howell, *Clinical Administration*
Nancy Huggins, *White Acute Care Unit*
Edward Hunnicutt, Jr., *Neurology Res. Lab*
Frances Indiciani, *Neurology Res. Lab*
Mary Inniss, *Cardiac Cath. Lab*
Dorothy Iosua-Gonzales, *Nursing*
Pedro Irizarry, *Dietetics*
Darlene Jackson, *Neurology Electron Mic.*
Patricia Jackson, *Dietetics*
Willie Jackson, *Environmental Services*
Rita Jaghoo, *Environmental Services*
Ethelbert Jarrett, *Dietetics*
Judith Jeddrey, *Gray 3A S.I.C.U.*
Mary Jeffrey, *ECG Lab*
Ronald Johns, *EW ON Ward*
Christina Johnson, *Clinical Administration*
Cynthia Johnson, *Nursing*
James Johnson, *Maintenance*
Jeffrey Johnson, *Nursing*
Rose Johnson, *Environmental Services*
Frank Joseph, *Clinical Administration*
Robin Joslyn, *Nursing*
Julia Kahn, *Radiation Medicine*
Anthony Kapadoukakis, *Amb. Care Radiology*
Kathleen Kaplan, *Fiscal Affairs*
Ilse Kaprielian, *Anesthesiology Service*
Bruce Kaynor, *Pathology Lab*
Elizabeth Kelly, *Cardiac Cath. Lab*
Laurie Kennedy, *Orthopaedic Service*
Danilo Kenny, *O.R. Administration*
Barbara Kern, *Radiology*
Inez Kerr, *Clinical Administration*
Nancy King, *Surgical Services*
Marcie Kirsten, *Computer Center*
Joan Knox, *Nursing*
Paula Kordis, *Cardiovascular Res. Lab*
Leila Kosofsky, *Clinical Administration*
Jean Kotansky, *Social Service*
Wendy Kowalker, *ECG Lab*
Rhonda Kravitz, *Treadwell Library*
John Kroon, *Environmental Services*
Joseph Kulas, *Clinical Administration*
Pauline Kumiski, *Photography Lab*
Sharon Kurtz, *Ambulatory Care*
Karin Kutrieb, *Surgical Services*
Karen Laliberte-Murphy, *Nursing*
Margaret Lamarca, *Cardiac Cath. Lab*
Barbara Lamarche, *Nursing*
Lowell Landry, *Maintenance*
Ann LaPierre, *Nursing*
Lorinda Latva, *Nursing*
Denise Lauria, *Nursing*
Colin Lawson, *Environmental Services*
Eileen Leah, *Nursing*
Linda Leahy, *Psychiatric Res. Lab*
Eileen LeBlanc, *Nursing*
Mary Lee, *Surgical Services*
Karen Leffler, *Administration*
Paul Leonard, *Medical Records*
Stacey Lerager, *Nursing*
Craig Lichtenwalner, Jr., *Dietetics*
Zelma Licorish, *Dietetics*
Min-Hui Lin, *Chemistry Lab*
Robert Lincoln, *Nursing*
Cheryl Lippi, *Nursing*
Joann Listro, *Clinical Administration*
Elizabeth Lonergan, *Nursing*
William Long, *Chemistry Lab*
Isilda Lords, *Clinical Administration*
Linda Lundblad, *Nursing*
Kathleen Lundgren, *Cardiac Ultrasound Lab*
Penney Lydon, *Nursing*
Ellen MacDonald, *Nursing*
Richard MacDougall, *CMHCC*
Karen Machado, *Neurosurgery Service*
Joyce MacLean, *Radiology*
Stephanie MacLean, *Nursing*
Elizabeth MacLellan, *Nursing*
Richard Maddox, *Transportation Service*
Bodil Madsen, *Chemistry Lab*
Jane Maffie-Lee, *Amb. Care Nursing*
Kathleen Mahoney, *Nursing*
Margaret Maider, *Nursing*
Edward Malogodi, *Maintenance*
Scott Malcolm, *Anesthesiology Service*
Patricia Maloney, *Blood Transfusion Service*
Julie Mangino, *Dietetics*
Susan Manna, *Cardiac Cath. Lab*
Michael Manning, *Cardiovascular Res. Lab*
Judith Manola, *Dietetics*
Renee Marchand, *Rehabilitation Service*
Martha Marean, *Vincent Mem. Res. Lab*
Barbara Marino, *Clinical Neurophysiology*
Linford Martin, *Dietetics*
Phyllis Martino, *Nursing*
Maria Marzullo, *Communications*
Eileen McAdams, *CMHCC*
Mary McAuley, *Nursing*
Daniel McAuliffe, *Dermatology Res. Lab*
James McBrine, *Dispatch Serv/ Post Office*
Deborah McCarthy, *Infectious Disease Lab*
Judith McCarthy, *Nursing*
Mary McConnell, *Gray 3A S.I.C.U.*
Ellen McCune, *Nursing*
Anne McDonald, *Amb. Care Nursing*
Patricia McFadden, *Fiscal Affairs*
Madeleine McGarry, *Nursing*
Lucille McGilvery, *Blood Transfusion Service*
Carol McGlinchey, *Surgical Services*
Anne McGourty, *Blood Transfusion Service*
Lawrence McGrath, *Dietetics*
Mary McGuire, *Nursing*
Donna McKay, *Nursing*
Charles McKitrick, *Nursing*
Cynthia McLaughlin, *Cytogenetics Lab*
Audrey McManus, *Clinical Administration*
Maryellen McNally, *Nursing*
Nancy McQueen, *Nursing*
Marianne Meacham, *Clinical Administration*
Camilla Meade, *Fiscal Affairs*
Elaine Meade, *Orthopaedic Service*
Richard Meehan, *Security*
Valerie Megna, *Clinical Administration*
Linda Merk, *Gynecology Service*
Dolores Merlino, *Nursing*
Carol Mescall, *Nursing*
Michael Meskell, *Thyroid Clin. Lab*
Shelley Meyers, *Social Service*
Betsy Micucci, *Shriver Ctr.*
Sharon Midman, *Orthopaedic Service*
Paul Milbury, Jr., *Thyroid Res. Lab*
David Miller, *General Store*
Donna Mills, *Clinical Administration*
Karen Minyard, *Endocrine Res. Lab*
Joan Misiano, *Dermatology Res. Lab*
Donna Mitchell, *Fiscal Affairs*
Erasmo Mitrano, *Pharmacy*
Diane Mix, *Nursing*
Leanne Mobilia, *Nursing*
David Molle, *BHHC*
June Moloney, *Clinical Lab*
Joann Monahan, *ECG Lab*
Joseph Mooltrey, *Endocrine Res. Lab*
Guianders Moore, *Environmental Services*
Albert Morin, Jr., *Orthopaedic Workshop*
Roberta Morrison, *Amb. Care Radiology*
Susan Moschella, *Fiscal Affairs*
Dana Moss, *Personnel*
James Mulhern, *Clinical Administration*
Kizito Muliro, *Dietetics*
Tove Muller, *Social Service*
Barney Murphree, *Radiology*
MaryJane Murphy, *Dermatology Res. Lab*
Sean Murray, *Medical Records*
Bonney Mules, *ECG Lab*
Janet Nally, *Nursing*
Jack Neggers, *Ambulatory Care*
Efrain Negron, *Ambulatory Care*
Gail Nelson, *Budget Office*
Rebecca Ness, *Ambulatory Care*
Jennifer Neves, *Nursing*
Suzanne Newton, *Radiology*
Gerard Nicolas, *Radiology*
Nancy Nyberg, *White Recovery Room*
David O'Brien, *Credit & Collection*
Marie O'Connor, *Ambulatory Care*
Eileen Odle, *Environmental Services*
Sheroon Ogarro, *Radiology*
Cheryl Oliver, *Gray 3A S.I.C.U.*
Christine Oman, *Card. Biochem. Res. Lab*
Elaine O'Neil, *Cortical Function Lab*
Jean Onelli, *Medical Records*
Kristine Opalka, *Shriver Center*
Jennie Oricchio, *Vincent Mem. Res. Lab*
Roberta Orlandino, *Clinical Administration*
Marie Ortiz, *Fiscal Affairs*
Sabrina Osborne, *Dietetics*
David O'Sullivan, *Transportation Service*
Stephen Padgett, *EW ON Ward*
Carol Palmarozzo, *Personnel*
Stefan Pappas, *O.R. Administration*
Charles Payne, *Dietetics*
Marion Pearce, *Fiscal Affairs*
Deanna Pearlmutter, *Nursing*
Linda Pelletier, *White Acute Care Unit*
Donna Peltier-Saxe, *Nursing*
Emma Peterson, *Environmental Services*
Richard Peterson, *Environmental Services*
Sandra Peterson, *Ped. Microchem. Lab*
Ellie Petillo, *Ambulatory Care*
Elizabeth Phillips, *Dietetics*
Susan Phillips, *Nursing*
Dennis Picariello, *Security*
Rosanna Piccolomo, *Respiratory Care*
Donna Pichiarallo, *Renal Res. Lab*
Susan Pierce, *Radiation Medicine*
Ronald Pierre, *Environmental Services*
Ilene Pierre-Marsh, *Nursing*
Mark Pietkiewicz, *Radiology*
Patricia Pires, *White Acute Care Unit*
Janet Ploetz, *Orthopaedic Service*
Carmine Pollastretti, *Anesthesiology Service*
Nancy Poorvu, *Social Service*
Donna Potts, *Amb. Care Nursing*
Diane Preble, *Clinical Administration*
Virginia Pyne, *Card. Biochem. Res. Lab*
Carole Quarrington, *EW ON Ward*
Mary Quigley, *Bacteriology Lab*
Holly Race, *Blood Transfusion Service*
Natalie Radford, *Neurology Service*
Margaret Ramage, *Nursing*
Virginia Raulinaitis, *Radiology*
Sharon Remillard, *Nursing*
Robin Retus, *Clinical Lab*
Nancy Reynolds, *Cardiac Cath. Lab*
Eugene Richard, *Medical Records*
Judy Riley, *Urology Service*
Arline Robbins, *Radiation Medicine*
Catherine Robbins, *Fiscal Affairs*
Claray Roberts, *Dietetics*
Jeanne Roberts, *Nursing*
Michael Robinson, *Anesthesiology Service*
Patricia Rock, *Gray 3A R.I.C.U.*
Debra Rollins, *ECG Lab*
Marlene Roman, *Nursing*
Maryalyce Romano, *Nursing*
Donna Rosano, *Arthritis Res. Lab*
Mary Ross, *Social Service*
Anthony Rotondi, *Photochemotherapy*
Carolyn Rourke, *Arthritis Res. Lab*
Brenda Rubin, *Kidney Dialysis*
Franklin Rudolph, *Radiology-*
Kathiann Runey, *Nursing*
Michael Russell, *Radiation Medicine*
Leopoldo Sagastume, *Environmental Services*
Charles Saggese, *EW ON Ward*
Barbara Salamone, *Blood Transfusion Service*
Sue Salvaggio, *Dietetics*
Shirley Sargent, *White Acute Care Unit*
Elizabeth Sayrescibona, *Social Service*
Barbara Scafidi, *Amb. Care Nursing*
Cecelia Schieve, *Nursing*
Elizabeth Schifone, *Radiology*
Ellen Schwartz, *BHHC*
Sarah Sciretta, *Nursing*
Ann Scollins, *Radiology*
Thomas Scott, *Environmental Services*
Juliana Sessoms, *Ambulatory Care*
Anand Seth, *Facilities Engineering*
Brian Shedd, *Materials Management*
Barbara Shepard, *Clinical Administration*
Diane Sherman, *Nursing*
Daniel Shusman, *Lab of Computer Science*
Margaret Skarinka, *Nursing*
Antoinett Slater, *Fiscal Affairs*
Karen Slutsky, *Computer Center*
Sarah Small, *Nursing*
Katherine Smith, *Clinical Administration*
Marie Smith, *Information Desk*
Edward Smolak, *Clinical Administration*
Christoph Sorrento, *Maintenance*
Ann Speicher, *Warren Library*
Eileen Stapleton, *Nursing*
James Stappen, *Radiology*
Robert Steiber, *Maintenance*
Kingsly Stewart, *Dietetics*
Norma Stremmel, *Nursing*
Barbara Sullivan, *Surgical Service*
Louise Sullivan, *Ambulatory Care*
Patricia Surabian, *Nursing*
Carol Sweeney, *Clinical Administration*
Lois Swinski, *Surgical Service*
Ernest Tabb, *Dietetics*
Denise Tager, *Radiology*
Carol Tarpey, *Nursing*
Kim Taylor, *Card. Biochem. Res. Lab*
Erica Taylor-Moore, *Gray 3A S.I.C.U.*
Concetta Tecce, *Radiology*
Walter Tellis, Jr., *Environmental Services*
Cynthia Thibodeau, *Respiratory Care*
Delores Thorne, *Environmental Services*
Suzanne Tillinghast, *Social Service*
Doris Tillman, *Fiscal Affairs*
Nancy Todd, *Nursing*
Susanne Toomey, *Nursing*
Mary Toomey, *Nursing*
Jeanne Towles, *Ambulatory Care*
Steven Trigilio, *Vincent Mem. Res. Lab*
Joseph Umbro, *Internal Audit*
Diane Uttaro, *Dermatology Res. Lab*
Maureen Valday, *Nursing*
Keith Valliere, *Radiology*
Carol Vanwiggeren, *Clinical Administration*
Judith Vasapoli, *Radiology*
Kettly Vilbrun, *Chemistry Lab*
Cynthia Visconti, *Radiology*
Frank Vislosky, Jr., *Nursing*
Zadie Weaver-Burt, *Environmental Services*
Donna Weber, *Chemistry Lab*
Susan Weikel, *Nursing*
Harriet Weinstein, *ECG Lab*
Lori Weinstein, *Neurology Res. Lab*
Daniel Weisenmiller, *Dietetics*
Delsye West, *Clinical Administration*
Ellen Westling, *Treadwell Library*
Rosemary Westra, *Nursing*
Catherine White, *Nursing*
Caroline Williamson, *Revere Health Center*
Corinne Willis, *Ambulatory Care*
Ellen Wilson, *Pathology Lab*
Franseco Wilson, *Environmental Services*
Shelley Winn, *Clinical Administration*
Ellen Wolfson, *Clinical Administration*
Benedict Wong, *Clinical Lab*
Brenda Woods, *Dispatch Serv/ Post Office*
William Woods, *Ambulatory Care*
Lettelar Wright, *Clinical Administration*
Nancy Wright, *Nursing*
Charles Yager, *Internal Audit*
Ann Yee, *Bacteriology Lab*
Helen Young, *Clinical Neurophysiology*
Maureen Young, *Nursing*
Sophie Zaitz, *Dietetics*

Photos from Ether Day activities will be published in the November 29 HOT LINE.

Nutritional Highlights

by the Department of Dietetics

Do you find that you usually put on a few pounds over the winter? Is "going on a diet" a common entry in your list of New Year's resolutions? If this sounds like you, why not break the cycle of winter weight gain this year and start watching your weight now--before the onslaught of extra holiday calories.

The first thing you should do is not go on a diet! Let's face it; "diets" are a short-term solution to a lifelong issue. The hard facts are that only two to five percent of people who lose weight by dieting are able to keep the weight off. In fact, many "professional" dieters continually lose and regain the same 10, 20, 30, or more pounds.

If you really want to get control of your weight and break the lose-gain cycle, you need to look at the total picture. The three equally important parts of this picture are: 1) food intake, 2) eating behaviors, and 3) exercise.

Food Intake: There's no getting away from it--excess calories lead to excess weight. Where are the extra calories coming from in your usual diet? One of the easiest ways to reduce total calorie intake is to reduce the amount of fat in your diet. Begin with the fats you add to foods (butter, mayonnaise, dressings, cream). Try limiting or eliminating these added fats, or choose calorie- and fat-reduced products. Replace high fat meats, sausages, and cold cuts with fish, skinless poultry, and lean meats. Switch to skim or low-fat milk and dairy products. You can further reduce calories by cutting down on your usual portions. Serve 4-5 ounce portions of meat, fish, and poultry rather than 8-10 ounce portions.

Eating Behavior: Keep a record of your usual food intake pattern and try to identify specific problems that you can begin to change. Do you usually eat something when watching TV? Do you eat when you're upset, bored, anxious? Do you eat rapidly? Do you ever leave anything on your plate? Once you've identified some of the problems in your current eating pattern, think of ways you can solve them.

Exercise: Experience has shown that regular aerobic exercise can be the key many people need to break the cycle of continued weight loss and regain. Aerobic exercise not only burns more calories during the actual exercise but may also promote an increased metabolic rate (more calories burned) for hours afterward. In order to be effective for long-term weight control, the exercise must be aerobic (i.e. walking, jogging, riding a stationary bike, or swimming laps). It must be continuous (for approximately 30 minutes), and it must be sustained (continuous walking at a brisk pace rather than stop-and-go window shopping). Ideally, this exercise should be included as part of your daily routine.

Finally, remember to set realistic goals for yourself. You should look for a weight loss of 1-2 pounds per week. Weight that is lost any faster is generally not all body fat and is rapidly regained. Remember the most important measure is not how much weight you lose but how long you are able to keep it off.

The Nutrition Service offers both individual and group weight management programs. For more information, please call Ext. 2779.

Dr. Elizabeth Grady (left) with first-year students Liz Ryder, Lindy Konigsberg, and Rob Epstein.

Elizabeth Grady Named Director of Graduate Nursing Program

Elizabeth M. Grady, Ph.D., R.N., has been named Director of the Graduate Program in Nursing of the MGH Institute of Health Professions. Prior to her appointment she had served for a year as Interim Director of the Program.

Dr. Grady has been a member of the faculty of the MGH Institute for three years. She has also served on the faculties of Boston College, Boston University, Rhode Island College, Case Western Reserve University, Cleveland State University, and the Ursuline College Center for Nursing in Ohio. She is a retired Commander of the United States Naval Reserve.

A graduate of Boston College with both B.S. and M.S. degrees in Nursing, Dr. Grady earned her Ph.D. in Organizational Behavior at the Case Western Reserve University School of Management.

The three-year MGH Institute Graduate Program in Nursing is one of a handful granting a Master of Science in Nursing degree to non-nurse baccalaureates.

The Institute was awarded degree-granting authority by the Massachusetts Board of Higher Education in 1977.

The Graduate Program in Nursing is pleased to announce that all members of its first class are now registered nurses after completing the second year of their three-year program. Twenty-seven students took the licensing exam in July, and all passed. They will continue in the Institute program until their graduation next year, enrolled in one of six recognized clinical nursing specialties: Cardiopulmonary, Child Health, Gerontology, Oncology, Psychiatry, and Women's Health.

Julie Ann Silva (left) receiving one of her awards at the Repiratory Therapy Technician graduation from William H. Arnold, Coordinator of Clinical Education

Last Graduation for Respiratory Therapy Technician Program

Eighteen students received certificates August 23 at graduation ceremonies for the Respiratory Therapy Technician Program.

These students represented the last graduating class for the program, which has seen a total of 160 students complete the one-year program since it began in 1970.

Colleen M. Kigin, M.S., R.P.T., Director of Chest Physical Therapy and Acting Director of Respiratory Care, delivered the opening remarks, and Dr. Roger S. Wilson, Medical Director of the Department of Respiratory Care gave the welcoming address.

The commencement address was delivered by Dr. Robert Kacmarek, the new Director of Respiratory Care. (See accompanying story.)

Lillian P. Davis, R.N., R.R.T., Program Director, and William H. Arnold, R.R.T., Coordinator of Clinical Education, presented certificates and awards to the following students:

Daryl Anderson, Jonathan Fulvi, Debra Gallagher, Faye Danna Kass, Brita Kiessling, Gary Ray Kirchner, Daniel Marr, Cheryl Maxwell, Annemarie Murphy, Darlene Paul, Sandra Alicia Powell, Shirley Ann Price, David Reilly, Marica Rie, Joanna Santaskas, Julie Ann Silva, Steven Arthur Welsch, and Lee Ann White.

In addition, Ms. Silva received two special honors--one given by the faculty and the other presented by her classmates.

Dr. Robert M. Kacmarek has been named the new Director of the MGH's Respiratory Therapy Department.

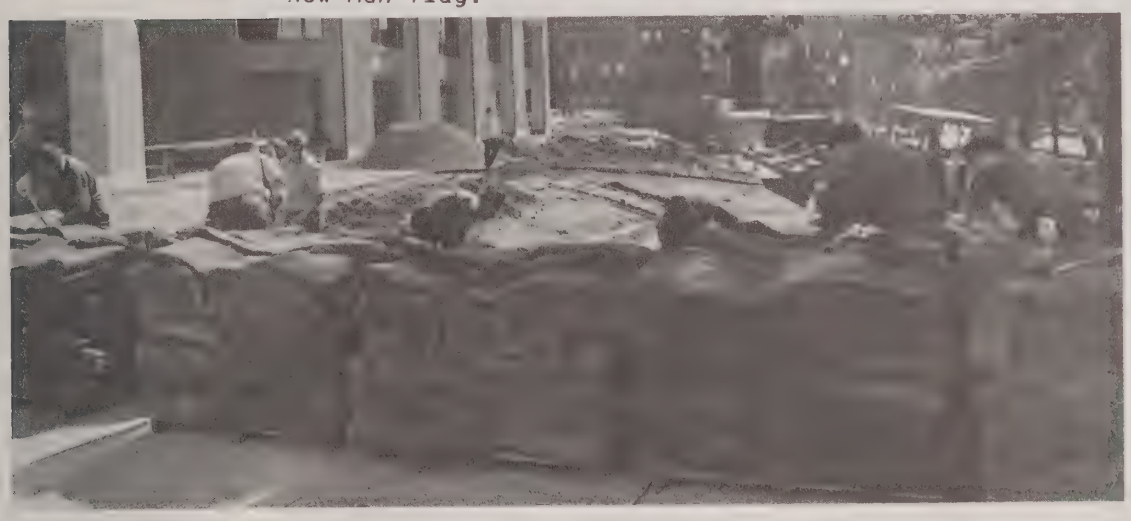
Dr. Kacmarek came to the MGH from Northwestern University where he served as Director of the medical school's Respiratory Therapy Program for the last 10 years. He was also an instructor in the Department of Health Sciences and Arts at Northwestern Medical School. A graduate of the University of Illinois, Dr. Kacmarek received his master's degree and Ph.D. from Northwestern University.

Dr. Kacmarek is a member of the American Association for Respiratory Therapy and has served on the Board of Directors of the National Board for Respiratory Therapy (now called the National Board for Respiratory Care) since 1982.

He has both coauthored and published a number of books dealing with the technical and educational aspects of Respiratory Therapy.

General Construction: *On the Ground... And in the Air*

If you work in the General Construction Shop, you never know what job is in store for you. One day you could be preparing to put down new grass for the Bulfinch lawn (left photos) while the next day you could be reaching new heights like Shop foreman Nick Galante, replacing the rope for the new MGH flag.



Fund Drive (continued from page 1)

May 18, 1985--THE INTERNATIONAL FAIR will be held at the Bayside Exposition Center in Boston. Open to employees and the public, this fair is meant to celebrate the richness and diversity of the MGH staff and the community they serve to give us all an opportunity to come together in friendship. The Fair will consist of representations of various cultural groups through dance, music, and food, games for children of all ages, celebrities, an MGH exhibit, and craft sales. Fair highlights will include a contest offering such prizes as a computer, trips to Hawaii and Bermuda, a shopping spree, and a car. This Fair has generated a lot of enthusiasm, and the committees involved would like to invite employees to join in the fun of planning. Please call Pat McGurty, Ext. 2216, or Joe Stukas, Ext. 2976.

Fall 1985--WALK FOR HEALTH--A Walk for Health is tentatively scheduled for October 19, 1985. Employees, their families, and friends will walk a 10-mile course along the Charles River beginning and ending at the hospital. Participants will be encouraged to find sponsors to pledge a contribution for each mile walked. This activity should provide an enjoyable combination of exercise and fund raising.

September 7, 1985--PICNIC, to be held along the banks of the Charles River across from the MGH. A fun, all day event for the hospital family. You will be invited to come and enjoy good company, good food, and participate in a variety of activities. Something to suit all ages and tastes will be provided.

November 1985--MGH COOKBOOK SALES TO BEGIN. The Cookbook Committee invites all MGH employees to submit favorite recipes for consideration. You will receive a form for your recipe entry in your last paycheck in October. Do use it.

Winter 1986--SPORTS NIGHT. The MGH All-Stars will be taking on the Boston Bruins Old Timers in an exhibition hockey game at Harvard's Bright Arena.

February 1986--EMPLOYEE AUCTION. An exciting opportunity for all employees to attend an auction held in the ACC--just for them! A wide variety of items will be auctioned. Donations of articles will come from both the local business community and employees.

April 1986--CELEBRITY AUCTION. A gala event held at one of Boston's fine hotels! This auction, open to employees and the public, will be hosted by prominent local celebrities. All items will be contributed for auction by the community-at-large.

April through June 1985--DIRECT APPEAL. In addition to all the special events, a central activity is the Direct Employee Fund Drive. During the course of the campaign, we hope to contact personally each and every employee. It's a big task, but worth it. This way we can be sure everyone has the opportunity to help build our future and be part of a very special community.

In the final analysis, we need the monetary support and commitment to make the new inpatient towers, our workplace, a reality. What better way to show our pride in the MGH than to help build it.

April 11, 1986--FUND DRIVE WRAP-UP. A party will be held marking the official close of the fund drive.

A special logo, created by Robert Galla of the Medical Art Department, will be used in conjunction with all activities of the fund drive. It will also appear on such items as buttons, pins, key chains, and T-shirts.

In making the official announcement of the Employees Capital Fund Drive at last Friday's Ether Day ceremonies, MGH General Director Dr. J. Robert Buchanan noted that those who work at the MGH will make a significant and positive impact on the future of the hospital.

Maeve Blackman, Director of the Volunteer Department, is Chairman of the Employee Capital Fund Drive.

Chairpersons of the committees involved with planning the activities are:

FAIR COMMITTEE--Joe Stukas, Pathology; Pat McGurty, Training and Development

SPORTS AND PICNIC--Joe Malone, Plumbing; Bruce Rossi, Paint Shop

WALK FOR HEALTH--Martha Lynch, Dietetics

COOKBOOK--Emily Hajar, Blood Transfusion Service

AUCTION COMMITTEE--Jack Pender, Office of General Council; Martin Magovsky, Ambulatory Care Business Office

EMPLOYEE FUND DRIVE--Gail Grootemaat, Admitting

If you wish to help plan these activities, please contact the committee chairperson or Maeve Blackman, Ext. 8540.

Watch for the HOT LINE in the months ahead for many more details on the Fund Drive, and plan to celebrate with us.

VOLUNTEERS ARE NEEDED TO WORK IN THE GENERAL STORE, MONDAY THROUGH FRIDAY FROM 5 PM TO 7 PM, AND ON WEEKENDS FROM 10 AM TO 5 PM. IF YOU ARE INTERESTED, PLEASE CONTACT THE VOLUNTEER OFFICE AT EXT. 8540.

Wellman (continued from page 1)

patient care, not just at this institution, but around the nation and the world. The addition of the Wellman Research Building, with its opportunities for collaborative research in a variety of disciplines, will ensure that the MGH will continue its tradition as a leader on the frontier of medical science."

The 150,000-square-foot building consists of nine research floors and four other levels, including a greenhouse on its roof. Large, open laboratories adjoin support facilities. No conventional treatment will take place in the building.

When in 1981 the Wellmans made their unprecedented $15 million contribution to the MGH, Mr. Wellman was asked by a newspaper why he had donated such a sum. He replied: "The MGH is the best hospital in the world. It needed the money, and I had it." The $15 million spearheaded the MGH's Capital Campaign, which last month announced the start of Phase II. A businessman, Mr. Wellman has always recognized the value of research and felt that his investment in research in the wool industry and oil drilling is partly responsible for his financial successes. He felt that he could help the greatest number of people by supporting pioneering studies at the MGH.

To promote research in which he and Mrs. Wellman have the most interest--lasers and psoriasis--Mr. Wellman donated an additional $1.7 million to establish the Wellman Research Laboratories as part of the hospital's Department of Dermatology.

The MGH's newest building has its day in the sun.

The second floor of the research building houses the Wellman Laboratories, dedicated to the study of photomedicine. An area of medical research still in its infancy, photomedicine involves the effects of light on biological tissue. When combined with drugs, the field is called photochemotherapy, a branch of medicine and a name pioneered by the MGH.

The MGH laser laboratory is the largest facility committed to medical laser research in the world. Many medical centers have treatment units that employ lasers rather than knives for a few surgical procedures. But researchers in the Wellman Labs study lasers at their most fundamental level to understand how they work rather than concentrating on patient treatment. "We don't focus on any one application but instead try to understand the mechanism of laser-tissue interaction so that we can use the information for many applications," said Dr. John A. Parrish, Director of the Wellman Research Laboratories.

These Laboratories, with their lasers and studies of human skin, are but one part of the Wellman Research Building. Among the 10 remaining floors investigators are working separately and in collaboration to better understand the basic science which is at the root of all medical breakthroughs in the treatment of disease.

On floors 8 through 11 (and in a greenhouse located atop its roof) the Department of Molecular Biology is conducting research in both plant and animal genetics to answer basic questions about tissue differentiation. Collaborative investigations with scientists throughout the MGH community are expected to yield productive results as well.

The MGH Department of Molecular Biology was established in 1981 by a grant from Hoechst AG, a West German chemical company. In return for its financial support, Hoechst has rights of commercial development of results of laboratory work which it directly supports. The MGH-Hoechst agreement carefully protects the hospital's traditional academic freedom.

The third floor houses the Howard Hughes Laboratories devoted to studies in diabetes and basic work in molecular endocrinology.

Wellman 4 consists of neuroscience laboratories which adjoin neurology labs in the connecting Edwards Research Building. According to Dr. Joseph B. Martin, Chief of Neurology at the MGH, the location of the new labs will facilitate integrated research sponsored by the Departments of Neurology and Neurosurgery. "Our new facilities, which have the most modern research equipment available, will have important implications for the treatment of neurology and neurosurgical conditions," said Dr. Martin. He cited work on the regulation of cerebral blood vessels, studies of mammalian retinal functions (involving vision), electrophysiologic studies on central mechanisms of hearing, and investigations on abnormalities of neurotransmitters (which send nerve impulses) in neurological diseases as areas of particular interest to researchers in the neuroscience laboratories. Support for the establishment of these laboratories came from the Thomas Anthony Pappas Foundation and the Howard Hughes Medical Institute.

The fifth floor will contain much of the research of the Endocrine Unit and its investigations into various aspects of bone metabolism and, in particular, the parathyroid hormone (which regulates calcium metabolism) and vitamin D. Support to complete these laboratories came from the Hinduja Trust of India and the Howard Hughes Medical Institute.

Wellman 6 will provide integrated, well-equipped physiology laboratories to support the many surgical studies on cardiovascular, pulmonary, transplantation, reconstructive and other areas of research. A generous contribution from Mr. and Mrs. James L. Knight and The Knight Foundation established these laboratories.

"For several years we knew that a new research facility was essential, that our existing laboratories were inadequate for the endeavors that we envisioned for the 1980s and beyond," said Dr. Ronald Lamont-Havers, Deputy to the General Director for Research Policy and Administration. "After an intensive study we determined that there was an overlapping of scientific interests and that a structure dedicated to research would facilitate close, cooperative arrangements among investigators who wished to collaborate on studies. Mr. and Mrs. Wellman's contribution fit perfectly with our needs."

Designed to conform to the character of Boston's Beacon Hill, the brick and glass Wellman Research Building faces Blossom Street. At its back, the latest addition to the MGH looks out across the newly planted campus lawn to the 173-year-old hospital's original structure, the Bulfinch Building. Bulfinch, designed by and named for Boston architect Charles Bulfinch, has been hidden for decades by a temporary building that was recently torn down.

Dr. J. Robert Buchanan, General Director, thanking Mr. and Mrs. Wellman for their generous donation making the building that bears their name possible. Seated at far right is Dr. John A. Parrish, Director of the Wellman Research Labs.

The Wellman Building includes the largest medical laser research facility in the world.

THE MGH HOT LINE

November 1, 1984

News Office, Bulfinch 1, Ext. 2206

MGH Honored By *GHM*

Good Housekeeping magazine has given its seal of approval to the MGH. In a survey entitled "The 44 Best Hospitals in America," published in the November, 1984 Good Housekeeping, the MGH was ranked number one in the country in the category of "General Hospitals." In other words, the MGH was named more than any other hospital for its all-around excellence. This is one of the first times that such a survey has ranked hospitals in this way. In the past, the best hospitals were usually grouped together in alphabetical order. In the category of "Psychiatric Hospitals," the MGH's McLean Hospital was ranked second in the country. Institutions closely associated with the MGH also did well. The Shriners Burns Institute was judged number one among "Burn Centers," and the Massachusetts Eye and Ear Infirmary was ranked number three among "Eye Hospitals." The hospitals named were chosen by 250 leading medical administrators in the United States. The sole question asked to these administrators was, "Which hospitals--other than" your own--do you "consider most outstanding in terms of patient care?"

Beginning today, (November 1) no smoking will be permitted on any of the Burnham Building floors. This action was taken as a result of concern over the effect of "Passive smoking" on nonsmoking bystanders. A great deal of evidence has been accumulated to show that cigarette smoke in the environment is harmful to people who breathe it. This is particularly true of children, especially sick ones. The floors involved are Burnham 4, 5, and 6. Smoking is permitted in the White Building lobby and in the MGH cafeterias. However, those wishing to quit smoking can receive help and advice from the Smoker's Quit Group by calling Ext. 8248. Several informational sessions will also be scheduled during the next few months to discuss the health implications of inhaling cigarette smoke and to offer support and advice to those wanting to quit.

Eleanor Clark Eulogized

Eleanor Clark, Associate General Director and Director of the Department of Social Service, was eulogized recently in a memorial service held at the Museum of Fine Arts. Miss Clark died on September 18. Among those who spoke about Miss Clark's many contributions to the MGH and its patients were General Director Dr. J. Robert Buchanan, Associate General Director Lawrence E. Martin, and Social Service staff members Kay Davidson and Ann Daily. Three musicians from the New England Conservatory of Music performed. Meanwhile, the Board of Aldermen in Chelsea has adopted a resolution that the top of Bellingham Street be dedicated to Miss Clark's memory. The area in front of the Chelsea Memorial Health Care Center of the MGH will now be known as "Eleanor Clark Square."

Give to the United Way

Pledge cards are being distributed with paychecks this week as the United Way campaign at the MGH is set to begin. The hospital's goal this year is $100,000, and we cannot reach it without your help. An easy way to donate is through payroll deduction. Completed cards should be returned next week to the designated captain in your department.

Nobel Winner Remembered

Dr. Carl F. Cori, former Visiting Biochemist at the MGH, Visiting Professor of Biological Chemistry at Harvard Medical School, and a recipient of the Nobel Prize in Medicine, died on October 19. He was 87. Dr. Cori and his wife Gerty were named Nobel laureates in 1947 for their research that led to the isolation and synthesis of phosphorylase, an enzyme that helps convert the animal starch glycogen into sugar in the body. An Argentine scientist shared the prize that year.

In 1966 Dr. Cori joined the staff of the MGH, where he was active in medical research. Dr. Jerome Gross, a colleague of Dr. Cori, described him as "perhaps the most scholarly person I ever met. He had a broad knowledge of human endeavor that was truly remarkable."

Discussion of Health Issues

The MGH Staff Associates will be holding a series of discussions on new developments in the health care field. The schedule is as follows:

November 14--John Iglehart, special correspondent, The New England Journal of Medicine and Editor, Health Affairs, will speak on Changing Patterns of Medical Care--An Overview.

November 28--Thomas Pyle, President, Harvard Community Health Plan, will discuss Why an HMO?

December 1--Dr. J. Robert Buchanan, MGH General Director, will give an MGH Prospectus.

All sessions will be held at the Shriners Burns Institute Auditorium at 5:00 p.m.

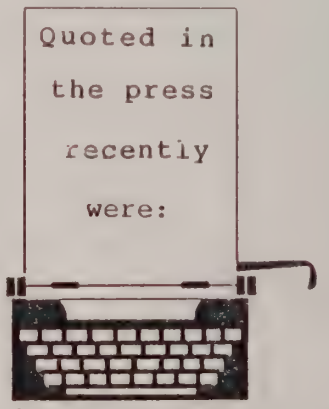
Volunteers are needed for the MGH Flower Shop and General Store, especially during the hours of 5-7 p.m. on weekdays and from 10 a.m. to 5 p.m. on weekends. If you are interested in donating your time, please call the Volunteer Office at Ext. 8540.

Around MGH

Dr. W. Allan Walker, Chief of the MGH/Children's Hospital Combined Program in Pediatric Gastroenterology and Nutrition, has been awarded the Nutrition Award from the American Academy of Pediatrics. Dr. Walker was recognized for his major contributions to the understanding of food protein handling by the small intestine, especially in clarifying adverse reactions to food proteins which result in gastrointestinal disease.

Dr. Nishan Goudsouzian, a member of the Department of Anesthesia, has collaborated on a second edition of a book entitled Physiology for the Anesthesiologist. Dr. Goudsouzian, whose specialty is Pediatric Anesthesia, has published more than 50 articles in scientific journals and books.

Martha Nencioli, a third-year student in the Nursing Program at the MGH Institute of Health Professions, has been awarded the Clarissa Peters Allen Scholarship. This award is given to the nursing student "who has consistently demonstrated love of people, competence in nursing skills or acts, and superior academic achievement." Established in 1976 by George E. Allen in memory of his wife, an alumna of the MGH School of Nursing, this scholarship has assisted a number of students in the former School of Nursing program, a tradition that is now being continued at the Institute. A graduate of Boston University, Ms. Nencioli is specializing at the MGH in Women's Health.



Dr. Robert R. Young, Neurology, on the subject of Parkinson's Disease, BOSTON GLOBE

Dr. Marilyn Albert, Psychiatry, on the subject of aging, BOSTON GLOBE. Dr. Albert was also interviewed by NBC-TV on Alzheimer's Disease.

THE MGH HOT LINE

November 8, 1984

News Office, Bulfinch 1, Ext. 2206

Dr. Hedberg Remembered for Many Contributions

Dr. Stephen E. Hedberg, Senior Endoscopist at the MGH, died on October 30 after an acute episode with a chronic illness. The 54-year-old surgeon was a graduate of Harvard Medical School and had trained as an intern and an Assistant Resident in Surgery at the MGH. He was a member of numerous professional societies including the American Medical Association, American College of Surgeons, and the Massachusetts Medical Society. At the time of his death, Dr. Hedberg was President of the New England Endoscopy Society and President of the Society of American Gastrointestinal Endoscopic Surgeons.

Dr. Claude E. Welch, Senior Surgeon at the MGH and a colleague of Dr. Hedberg, described him as "undoubtedly one of the most brilliant young surgeons at the MGH and one of the most famous surgical endoscopists in the country and the world." He added that Dr. Hedberg helped in the development of the colonoscope, an instrument widely used in endoscopy.

An ardent outdoorsman and trained athlete, Dr. Hedberg was a member of the Harvard Crew of 1950, winner of the Grand Challenge Cup at Henley-on-the-Thames in England. He had also finished the Boston Marathon a number of times and was the first Chairman of the American Heart Association Cardiac Run.

Donations may be sent to the Stephen E. Hedberg Surgical Research Fund at the MGH.

UNITED WAY of Massachusetts Bay

It's United Way Week at the MGH. Pledge cards have been distributed to all employees, and donations are being collected this week by representatives from each department in the hospital. Your dollars will help make life better for residents of 86 cities and towns served by 183 United Way agencies. And it's so easy to contribute through payroll deduction. Please help the MGH meet its goal of $100,000. It would mean so much to so many.

MGH Heads Consortium to Study Alzheimer's Disease

One of five national Alzheimer's Disease Research Centers funded by Congress this year will be a consortium of institutions headed by the MGH and Harvard Medical School. Dr. John Growdon, head of the Memory Disorders Unit at the MGH, is the Program Director. The Center will coordinate the clinical and basic science research already being conducted by investigators and stimulate new research in the area of dementia. The Center is funded for five years with a grant of nearly $4 million from the National Institute on Aging of the National Institutes of Health. Alzheimer's disease is a disorder that affects one to two million Americans. It is the most common cause of dementia among adults in the United States. The disease is characterized by progressive impairments in a spectrum of cognitive abilities, including memory, language, abstract reasoning, and visual perception. It is estimated that half of all nursing home patients in this country are suffering from Alzheimer's disease. The cause of the disease is unknown, and there are no cures. Because there are no animal models to study, investigators must learn from the patients themselves, both in clinical studies during life, and in studies on brain tissue performed after death.

Great American SmokeOut

On Thursday, November 15, the MGH will participate in the Great American SmokeOut, sponsored by the American Cancer Society. This is the eighth annual SmokeOut, a day when smokers across the nation pledge to quit for 24 hours. Booths will be set up in the Gray, ACC, and Warren Building lobbies to provide information sheets, buttons, pledge cards, and helpful hints to those who want to give up the habit.

Start Spreading the News

A new area code has been added for New York City. The area code 718 is now in use for the boroughs of Brooklyn, Queens, and Staten Island. The 212 area code continues to cover Manhattan and the Bronx, although you may still use it to call the other three boroughs until January 1 when the new area code officially goes into operation.

"Caretaker" Group

The MGH's Social Service Department is now offering a group for the "caretakers" of elderly patients. The group will be held weekly for six-week periods. This time-limited approach, with an option to sign up again, has proven useful at the MGH and in other settings. The goal is to provide professional and mutual support in dealing with the stress created by caring for chronically ill and aging family members. Caretakers could be offspring, in-laws, siblings, or friends. And definitely included are those who are not actually living with the elderly person. If you would like further information, please call Kay Dolezal at Ext. 2634.

MGH in the Media

Dr. Greg Curfman, Director, Cardiovascular Health Center, has been interviewed by WBZ-TV (Channel 4) for a series dealing with the prevention of heart disease and cancer.

Dr. J. Robert Buchanan, General Director, was interviewed recently by WEEI Radio for a series on the high cost of medicine.

Dr. Jules L. Dienstag, a member of the Gastrointestinal Unit, appeared recently on the Cable News Network discussing the Hepatitis B vaccine. Also interviewed were Dr. Robert J. Still, a Resident in Surgery, and Ms. Libby Smith, a nurse in the Respiratory Intensive Care Unit.

Around MGH

Dr. Mandel E. Cohen, a Senior Neurologist, has received an Honorary Award for Distinguished Service in Psychiatry from the American Academy of Psychiatrists. It was the first time such an award was given by the Academy. Dr. Cohen has been associated with the MGH for nearly 50 years. His major fields of research have included studies of manic-depressive disease, anxiety neurosis, hysteria, heart disease in pregnancy, psychiatric disease in pregnancy, Cheyne-Stokes respiration, the glossopharyngal nerve, and, most recently, pain in depressive disease.

Dr. Nishan Goudsouzian, a member of the Department of Anesthesia, has collaborated on a second edition of a book entitled Physiology for the Anesthesiologist. Dr. Goudsouzian, whose specialty is Pediatric Anesthesia, has published more than 50 articles in scientific journals and books.

THE MGH HOT LINE

November 15, 198

News Office, Bulfinch 1, Ext. 2206

Thanksgiving Menu

On Thursday, November 22, the General Cafeteria will offer a traditional Thanksgiving menu consisting of:

Hot Mulled Cider.....50¢
Cream of Corn Soup..... 40/65¢
Roast Turkey/Giblet Gravy
$1.45
Bread Dressing.....40¢
Beef Burgundy.....$1.35
Parslied Rice.....35¢
Glazed Sweet Potatoes.....50¢
Peas and Mushrooms.....45¢
Fresh Garden Relishes
Pumpkin Pie.....50¢
Apple Pie.....50¢
Mince Pie.....65¢

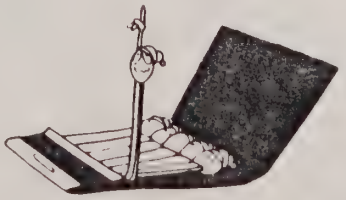
The Cafeteria will be open from 10:45 a.m. to 3:00 p.m. for lunch and 4:15 p.m. to 8:00 p.m. for dinner. Happy Holiday!

Book Sale

The MGH Institute of Health Professions is sponsoring a Book Sale today (November 15) and tomorrow (November 16), from 1-5 p.m. in Room 095 of Ruth Sleeper Hall. New and used books will be on sale with prices ranging from $1.00 to $5.00.

Today's the Day to Quit

Today (November 15) is the Great American SmokeOut, sponsored by the American Cancer Society. If you're a smoker and are interested in quitting, or if you would just like more information on smoking, please stop by the information booths located in the Gray, ACC, and Warren Building lobbies. Some of the benefits of quitting cigarettes are: 1) It helps avoid lung cancer, emphysema, bronchitis, 2) You feel more vigorous in sports, 3) It will end cigarette breath, 4) You'll have a lot more spending money. The MGH Cardiovascular Health Center offers a smoking cessation service. The SMOKER'S QUIT GROUP, as it is known, employs a multidimensional approach utilizing cognitive, behavioral and aversive techniques. Those who cannot quit smoking may be offered smokers' gum (Nicorette), or referred for hypnosis. If you are interested in the program, please call Ext. 1843 for more information.



For Whom The Bonne Bell Tolled

Congratulations to those MGH runners who competed in the 10K Bonne Bell road race. The following is a list of those women who contacted the HOT LINE with their names and times:

Rhonda Feinbaum	43:31
Debbie Bradford	44:00
Kathy McKool	46:44
Debbie Caldweall	48:18
Barbara Lowe	49:00
Tricia Talburtt	50:00
Terri Kadziewicz	50:49
Masha Etkin	52:00
Teresa Squires	52:00
Jennifer Zoë Dubois	53:41
Patricia Quigley	56:10
Julie Wheelden	56:10
Patricia Galvin	60:00
Nancy Stackhouse	60:00
Virginia Tosney	60:00

Cast Your Ballot

The annual meeting of the Harvard University Employees Credit Union will be held on Tuesday, November 20, on the second floor of the Roscoe Pound Building, 1563 Massachusetts Avenue, Cambridge. At this meeting, the election of Directors will take place. Two MGH employees are among those in the running--John Donovan, an incumbent, and Elizabeth Beglin. All members of the credit union are encouraged to vote.

"A Physician In the Grand Old MGH Style"

Dr. F. Dennette Adams, whose medical career spanned more than 55 years at the MGH, died recently in Eastwood at Dedham Nursing Home. He was 91.

Dr. Adams has been called "a physician in the grand old MGH style" by Dr. Robert H. Schapiro, his colleague and personal physician at the MGH.

During the early 1930s Dr. Adams established at the MGH what is believed to have been the first headache clinic in the world. But perhaps his greatest contribution to medicine was his editing for many years of Physical Diagnosis, the standard textbook for physical diagnosis both in the U.S. and abroad. He initially edited the work with its author, Dr. Richard C. Cabot of the MGH and after Dr. Cabot's death continued the project through its 14th and final edition.

Dr. Adams spent his entire medical career at the MGH. After serving as an intern in 1918, he became an Assistant and later an Associate Physician in Medicine and, in 1953, a Physician in Medicine. He served on the MGH Board of Consultants until 1963, when he was named Honorary Physician in Medicine. Dr. Adams remained on the Senior Consultant Staff in General Medicine until 1972.

MGH in the Media

Richard Logan, Director of Medical Records, appeared recently on the Harry Sobel Show, broadcast on WRKO Radio. Mr. Logan talked about the job of maintaining patient confidentiality in medical records.

Dr. Marilyn Albert, a member of the Department of Psychiatry, was quoted in the October 22, 1984 issue of NEWSWEEK magazine, talking about President Reagan and the issue of age.

Around MGH

Dr. J. Robert Buchanan, General Director, has been named chairman of a committee of the Association of American Medical Colleges to examine and develop recommendations on graduate medical education funding.

Joan Garity, R.N., M.Ed., Coordinator of Management Education in Staff Education and Nursing Studies, has been selected "The 1984 American Society for Nursing Service Administrators Scholar" by the American Nurses' Foundation. This grant will be used in her research on "Learning Style, Interpersonal Orientation, and Learning Preference Among Head Nurses and a Selected Group of Staff Nurses."

Dr. Alan M. Jette, an Associate Professor of Gerontology and Physical Therapy at the MGH Institute of Health Professions, has been elected to the Governing Council of the American Public Health Association.

Mary Farkas, M.S., R.D. has had an article entitled "Nutrition Education Needs of Alcoholic Recovery Home Residents" published in the Journal of Nutrition Education.

Judith Manola, M.S., R.D. presented "A Computerized Case Study in Food Service Systems," at the national meeting of the American Dietetic Association.

Lillian Sonnenberg, M.S., R.D. was a presenter at the first national symposium of the Sports and Cardiovascular Nutritional Practice Group of the American Dietetic Association in Dallas, Texas.

Linda Delahanty, M.S., R.D., an inpatient clinical dietitian, has been appointed Associate of the Harvard Geriatric Education Center in recognition of her substantial contribution and efforts on behalf of the center.

November 29, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Not Floored by Anything

By now they know all the jokes.

They've heard the one about their job having its ups and downs, about getting to the top--floor by floor, and about having their work give them a lift.

But for Charlie DeGrande, Ernest Adamson, Jean Guerrier, and Unious and Matthias Williams, all these things, to some extent, are true.

These MGH elevator operators, employed by the Department of Environmental Services, agreed that operating an elevator for patients can have its rewards as well as its frustrations but that, on the whole, they enjoy what they do.

"It can get very hectic sometimes," remarked Mr. DeGrande, who operates the patient elevator in the Gray Building, "especially when two or three calls come in at the same time. But the people I work with are great and understand that I can be in only one place at one time."

The operators explained that their first priority is to the patients in their respective buildings. "If it wasn't for the patients, we wouldn't be on the elevators," said Mr. Adamson, who operates the one in the Phillips House. "They use the elevators to be transported to surgery or for tests. And since we don't want them to wait, we have to be ready when they are."

Each patient elevator is equipped with a telephone so that the operator is informed when a patient is ready to either leave or return to his or her room.

"Some days it seems the phone is ringing almost every minute," said Mr. DeGrande, who has been an elevator operator for seven years. "Then there are other times when I know that a patient is ready to leave the O.R., so if I have no other calls, I would just wait until the patient comes out."

(continued on page 3)

Watch for Employee Capital Fund Drive Newsletter On December 6

Members of Radiation Medicine getting into the Halloween spirit

Treats Without Tricks

Something strange was brewing in the General Cafeteria, and it wasn't just the Witch's Soup.

It was the same in Radiation Medicine in the Cox Building basement and on the Burnham Building floors.

If you had forgotten what October 31 was when you arrived at work that day, you were quickly reminded as many employees exchanged their usual attire for something a bit more unusual.

If you had gone down to the cafeteria, for example, you may have been served your lunch by an angel or a witch. "I think our staff enjoyed themselves as much as others enjoyed looking at them," said Debbie Bowen, a Dietitian in the White Building Kitchen who helped

(continued on page 3)

Caffeine as an Insecticide

Caffeine, the same substance that Americans drink in coffee and tea, and other caffeine-like compounds may hold promise as insecticides. In doses equal to the amount contained in 10 cups of coffee, caffeine inhibited the growth of several species of pests and, at higher doses, killed the insects within days.

Research conducted by Dr. James Nathanson at the MGH suggests that caffeine, found in certain plants, may act as a naturally occurring insecticide and that caffeine-like substances may be useful in insect control.

"As we all know, the problem with many insecticides is that they are toxic to humans as well as to many other animals important to the food chain," said Dr. Nathanson, a neurologist and Director of the Neuropharmacology Research Lab at the MGH. "But caffeine and caffeine-like compounds are substances about which we already know a great deal, certainly more than most available insecticides. The side effects of caffeine-like compounds appear to be relatively minor in humans and animals."

Dr. Nathanson cautioned that although the effectiveness of the compounds has been proven in his laboratory experiments, it will likely take at least five years of large-scale testing to determine if a practical (and economical) caffeine-like insecticide can be marketed for widespread use by farmers.

In his work published in the October 12, 1984, issue of Science, Dr. Nathanson studied the effects of caffeine-containing plants, caf-

(continued on page 2)

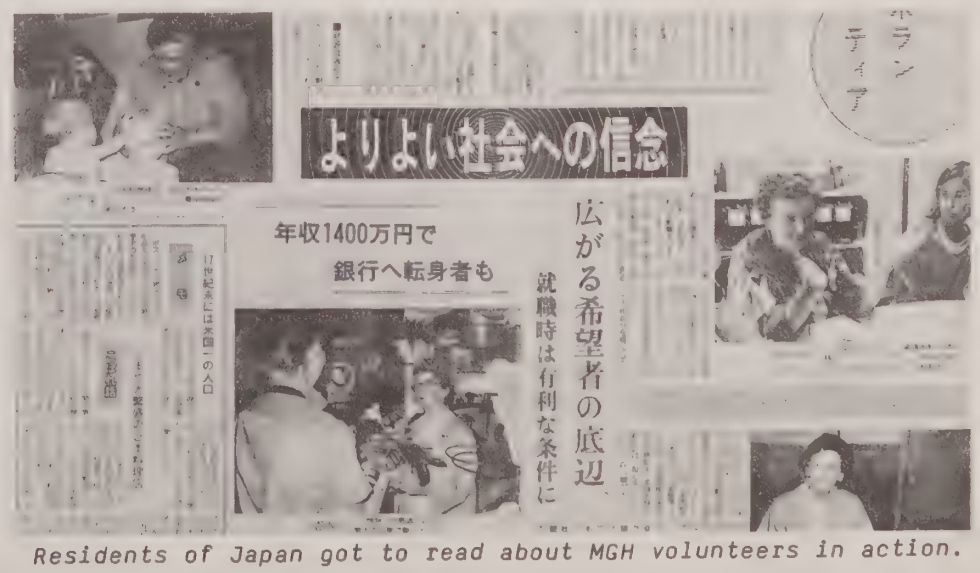
Reputation of Volunteers Now Known in Far East

The contributions of MGH volunteers are now a matter of record in Japan.

Several volunteers were recently featured in a story published in The Ehime Shimbun, a daily newspaper in Tokyo.

The story concerned volunteerism in the United States and focused, to a great extent, on the activities of the MGH Volunteer Department.

Among those interviewed for the article were Maeve Blackman, Director of the Volunteer Department; Judy Paige, former Director of the Ladies Visiting Committee shops; Helen Ferris, a foster grandmother who works on the Burnham Building floors; Mary Ford, who works in the Flower Shop; and Elinor Brown, who donates her time in the waiting area outside the Emergency Ward.



Residents of Japan got to read about MGH volunteers in action.

Projecting the Right Image

The week of November 7-13 was a little extra special for the 44 full- and part-time X-ray technologists who work in the MGH's Emergency Radiology section.

This was National Radiographers Week, commemorating the discovery of X rays by Professor Wilhelm Conrad Roentgen on November 8, 1895.

The Emergency Radiology section is staffed 24 hours a day, seven days a week and is one of eight different areas in the hospital where X rays are taken. And according to Susan Smith, a technologist in the section, "It's a wonderful place to learn."

"Everything you could possibly see comes through here," she explained. "Many of the patients are accident victims, who need emergency X rays. You just never know what to expect."

Many of the X rays are for injuries. Other procedures such as cervical spine X rays are also performed.

Although X-ray examinations have been available as routine diagnostic procedures since the turn of the century, they are constantly being improved. "New equipment is being developed all the time using less radiation," said Ms. Smith, who added that many patients are concerned with the amount of radiation they are receiving. "We tell them that we use as little as possible. But it's good to have the public question us about it, so we can inform them as much as we can."

Technologists Liz Schifone (left) and Susan Smith going over X rays in the Emergency Radiology section

Ms. Smith and some of the other technologists added that although there have been many advances in diagnostic imaging procedures, conventional X rays will always play an important part in this area. "X rays will never become obsolete," stated Liz Schifone, another technologist. "CT Scans, MRI, and Ultrasound are not replacements for conventional X rays since they all serve different functions."

All the technologists have completed a two-year hospital affiliated program and have passed a registration exam. But those working in the E.W. area believe that their section offers as much of an education as is available through any course. "That's what makes our job so challenging," said technologist Andy McLaughlin, "and also so exciting."

Mike Botte (second from left) and Orazio Martinello (third from left), both from the Electric Shop, being presented with their MGH Softball Championship trophies by Joe Malone (left) and Joe Simeone

Caffeine (continued from page 1)

feine itself, and several caffeine-derivative compounds on the feeding and the growth of various insects, including tobacco hornworms, mealworms, and mosquito larvae.

The impetus to study caffeine came through observing nature. "We knew that many plants, particularly tropical and subtropical varieties, contained large amounts of caffeine," said Dr. Nathanson. "Despite all of the research that has been done on caffeine in mammals, no one to my knowledge has ever determined why it is present in plants. Over time, plants have developed certain defenses to protect themselves against insects, and we suspected that caffeine might have been present for that purpose--as a natural insecticide."

While the results were dramatic, Dr. Nathanson cautioned that the most practical and cost-effective application of the insecticide is still to be developed. The next step in his research will be to make more potent derivatives of caffeine and to combine them with compounds that will affect hormones found only in invertebrates to ensure that humans and animals will be less affected by toxic insecticides.

Nutritional Highlights

by the Department of Dietetics

Cancer is the second leading cause of death in the U.S. and accounts for approximately 20% of all deaths.

Although much cancer research has focused on discovering a "cure" for cancer, a considerable amount of research has also been dedicated to searching for the "causes" of cancer. This research has indicated that most cancers have external causes. That is, environmental factors associated with what we eat, drink, and breathe, and where we live and work can greatly influence the risk of developing certain types of cancer.

Some estimates indicate that diet may be responsible for up to 30-40% of cancers in men and 60% of cancers in women. The effect of diet appears to be most notable in cancers of the stomach, colon, breast, endometrium, oral cavity, and pharynx.

During the past year several government agencies and other organizations, including the American Cancer Society, have developed guidelines to aid consumers in modifying their diets to reduce the risk of cancer. Although each set of guidelines may vary somewhat in specific details, the major dietary changes they encourage are consistent. Although evidence is far from conclusive, many experts feel that making specific changes in one's diet is "likely to reduce the risk of cancer," although it cannot protect everyone from all types of cancer.

The recommended dietary changes are: 1) Reduce the total intake of dietary fat, both saturated and unsaturated. 2) Increase consumption of fruits, vegetables (especially those high in vitamins A and C), and whole grain cereals. 3) Minimize the consumption of salt-cured, smoked, or charcoal-broiled foods. 4) Drink alcoholic beverages only in moderation.

Don't be surprised if these recommendations sound familiar. The suggested dietary changes are very similar to those recommended for reducing risk of heart disease and stroke, as well as for basic weight management.

If you would like to evaluate your own diet and begin making changes that might decrease your risk for both cancer and heart disease, call the MGH Nutrition Service or the Nutrition Unit in any of the MGH health centers to make an appointment to speak to a nutritionist.

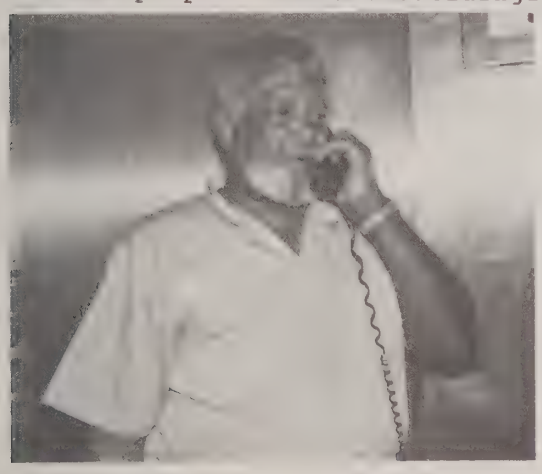
MGH employees got to learn more about computers during Treadwell Library's recent Information Fair.

Elevators (continued from page 1)

When they are not transporting patients, most of the operators are responsible for taking trash dumpsters off the floors in their building, replacing them with empty dumpsters. They also help in the distribution of meal trays, and two of them are responsible for removing laundry from the floors.

"The really busy times seem to be early in the morning and lunchtime," said Unious Williams of the White Building elevator, the only patient elevator operated exclusively for patients, not for meal trays, dumpsters, or laundry. "It used to be busier before a few of the floors in the building were closed for reconstruction."

Spending eight hours a day, five days a week on an elevator, the operators not surprisingly get to know the people in their buildings



Ernest Adamson, Phillips House

pretty well, and occasionally even the patients.

"One patient can travel four or five times a day with me," said Mr. Adamson, who lists as among his better known riders John Wayne and Henry Kissinger. "Sometimes they see me more often than they see their own doctor."

"It never gets lonely," added Jean Guerrier, who has operated an elevator at the MGH for 14 years, the last five in the Vincent-Burnham Building. "The elevator is almost like my second home."

The only time they may seem alone, say the operators, is when their elevator breaks down, which fortunately isn't too often. The operators say that they're usually stuck anywhere from five minutes to a half an hour but that they never panic.

"Sometimes you can get out of the elevator when it's stuck if it stops one to two feet from the floor," explained Unious Williams. "But most other times your emergency button is your best friend."

However, the operators say they have found that some people are not so friendly when it comes to explaining to them that the elevators are primarily for patient transport, not for employees and visitors, a fact clearly displayed by a sign.

"Most people don't give me any trouble," said Matthias Williams, an elevator operator in the Baker Building. "But some others get mad when you ask them to get off because you have to pick up a patient. All you can do is try your best."

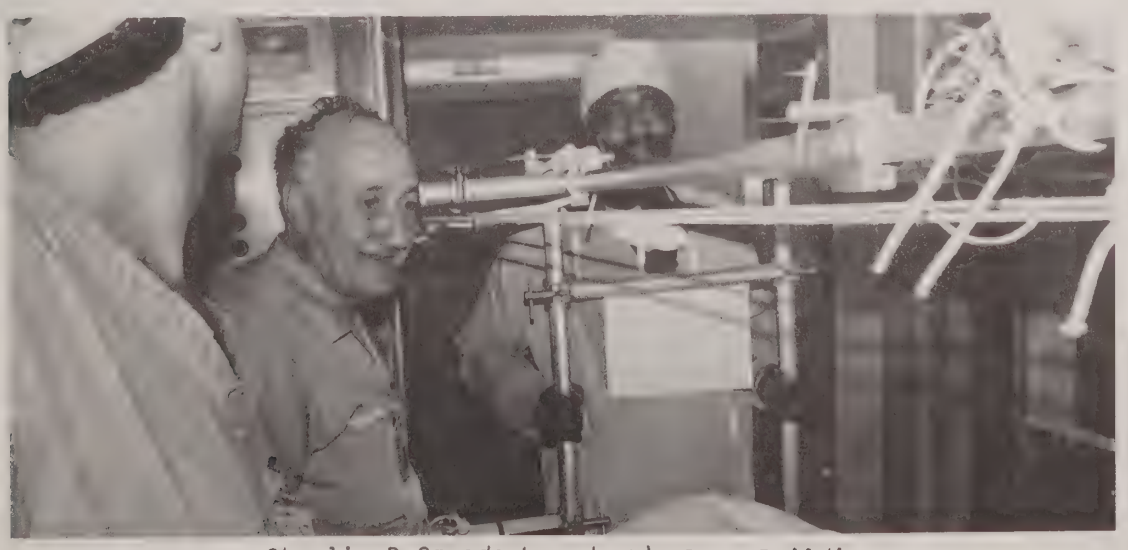
And Mr. DeGrande added that there have been a few people who haven't waited to find out that they should be using another elevator. "Sometimes when I've left my elevator to take the trash out, I come back to see that it's gone. I then have to find what floor they've gone to so I can get it back."

All full-time MGH operators are licensed by the state and are thoroughly trained in running an elevator.

"It's a good job for me," said Unious Williams, "because I have bad feet. So I really don't mind going up and down all day, as long as I don't have to walk."

And for Mr. DeGrande , who used to be a commercial fisherman, there is a certain understanding he has brought to his job. "Having worked on a fishing boat all day," he said, "I know what it's like to wait around. So now I make sure that patients don't have to wait for me."

Many would say that Mr. DeGrande 's philosophy is "right on the button." However, as you might imagine, most elevator operators would have a little different way of phrasing it.



Charlie DeGrande (center), Gray Building

Unious Williams (right) of the White Building getting ready for another rider

(left to right) Mary Johnson, Theodora Stewart, Patsy Hankerson, Debbie Bowen, and Joe Field, all members of the Department of Dietetics, getting ready to dish out some Halloween treats

Halloween (continued from page 1)

organize the event.

Bobbing for apples and the painting of faces was the order of the day in the playrooms of Burnham 4 and 5, where children too sick to enjoy the holiday at home got into the Halloween spirit.

And in Radiation Medicine, the patients were given their own party organized by the employees.

Carolyn Wortman (left), head nurse on Burnham 5, and Marlene Norton, R.N. (right) dressed up for Halloween with 8-year-old Leanore Johnstone.

For four-month-old Brittney Steveson, Halloween was a day to clown around with nurse Debbie Tillman.

"We wanted to do something fun," explained Kathy McCarthy of Radiation Medicine. "It's a difficult time for many of the patients we treat, so we felt it was important to do something to make them happy."

And they apparently succeeded. As one patient put it, "I wish Halloween could be every day of the year."

The Big Ether Day Picture

THE MGH HOT LINE

December 6, 1984

News Office, Bulfinch 1, Ext. 2206

A Coming-Out Padi

Padi has gone public. The exhibition entitled Padihershef: The Egyptian Mummy has now opened at the George Walter Vincent Smith Art Museum in Springfield. The exhibit, which includes Padi and objects relating to his daily life as an Egyptian stonemason, will run until January 20. Lectures, gallery walks, films, and workshops will also be offered at the Museum during the next six weeks. As you'll recall, Padihershef was borrowed from the MGH a few months ago for this exhibition. The mummy is expected to be returned to its Ether Dome home later this year.

We Need Your Voice

The MGH Christmas Band will be leading caroling in the Wang ACC Lobby. The caroling will be held:

Wednesday, December 19, 12-1
Thursday, December 20, 1-2
Friday, December 21, 12-1

Accomplished instrumentalists are invited to join the band for any or all of these days. For more information, please call Mary Quay at Ext. 2220.

Taking a New Course in Your Life

The MGH Institute of Health Professions is offering the following courses open to Special Students during Term II (January 7-April 18, 1985):

Evenings

Human Resource Management

Leadership Skills for Clinical Specialists

Living with Death & Grief: Perspectives for the Clinician

Cardiopulmonary Rehabilitation

Essentials of Manual Therapy

Manual Therapy Techniques I--Extremities

Evaluation and Treatment of Sports Injuries

Neurological Basis of Movement

Clinical Research

Foodservice Systems Design

Late Afternoons

Clinical Care of the Aged Person: An Interdisciplinary Perspective

Foodservice Control Systems

Daytime courses are also available. These courses may be taken for Tuition Aid and for tax credits. For more information, please complete the form below, and return it to Special Student Admissions, Bartlett 5, or call Ext. 8010.

The registration deadline is December 21. Loan funds are available for MGH employees.

Name_____
Dept._____
Location_____
Ext._____
Please send me information on the following courses_____
_____
_____

Ski Weekend

NEAR Tours is sponsoring a New Year's Eve Weekend Ski Trip to Montreal. Interested employees may pick up an application form in Staff Records, located on Bulfinch 2.

New Office for Shepard-Gill

Although the school has closed, Shepard-Gill is now maintaining an office at the MGH in Ruth Sleeper Hall, Room 095. Ron Nichols and Linda Winslow can be contacted there at Ext. 3590, the same number the school had when it was located on Newbury Street.

* HOLIDAY PARTIES *

1984

If the holiday party is held between December 10 and December 28, the Department of Dietetics can provide the following items Monday through Friday, except December 25, Christmas Day.

Payment for this party is approved by the administration and comes from a special fund -- (nonpatient care revenue).

This form must be left at the Dietary Service Center Counter, Gray Basement, at least three (3) days before the function. The Department cannot assure timely and systematic service if sufficient notice is not given.

	QUANTITY	UNIT	ITEM
BEVERAGES		1 quart	Eggnog (1 quart = 8 servings)
		1 quart	Gingerale (1 liter = 8 servings)
		46-oz. can	Cranberry Juice (8 servings)
SNACKS		1 package	Townhouse Crackers (1 pkg. serves 25)
		1 bag	Potato Chips (1 lb. serves 12-15)
COOKIES		1 package	Cookies (1 pkg. serves 15)
CHEESE		2-lb. wheel	Wine Cheese (2-pound serves 40)
ICE		1 bag	Ice Cubes (5-pound bag serves 20)
SINGLE SERVICE WARE (Order by Count)		each	Paper Napkins
		sleeve	Plastic Cups (5 oz. cold) (25 per sleeve)
		each	Paper Plates (6")
		bundle	Plastic Spoons (25 per bundle)
		bundle	Plastic Forks (25 per bundle)
		bundle	Plastic Knives (25 per bundle)

NOTE: You must be responsible for picking up your supplies on your own truck between 10:30 a.m. and 1:30 p.m. from the Dietary Service Center, Gray Basement. Special arrangements can be made to accommodate third-shift employees' pickup of party supplies- telephone Barbara Buswell, R.D. at Ext. 2523. Please prepare a duplicate copy of the order to bring with you to present when you pick up the order.

PUNCH BOWLS, LADLES, PLATTERS, ETC. ARE NOT AVAILABLE.

We will pick up this order at _____ o'clock - a.m./p.m.

Day of the Week _____ Date _____

PLEASE PRINT: Requested for: _____
Unit

by: _____
Person

_____
Telephone Extension

THE MGH HOT LINE

December 13, 1984

News Office, Bulfinch 1, Ext. 2206

Join the "Town Meeting"

Even though the MGH is situated in the center of a big city, the hospital will soon be taking on a small town atmosphere.

The first in what is hoped to be a series of quarterly town meetings with employees will be held on Thursday, December 20, at 7 a.m., in the Wang ACC Cafeteria.

Dr. J. Robert Buchanan, General Director, will act as moderator for the meeting, which is aimed at improving the lines of communication within the hospital.

"Because it is such a large institution," remarked Dr. Buchanan, "it has been impossible to visit each employee. So we hope to have these meetings on a regular basis in order to maintain a dialogue with our staff and to create an exchange of ideas."

At next Thursday's meeting, Dr. Buchanan will introduce Yvonne Munn, the MGH's new Director of Nursing, and talk about the closing of the Outpatient Pharmacy. The session will then be open for general discussion.

"I hope as many of you as possible can attend," said Dr. Buchanan. "All of us must share our ideas and work together if we are to successfully meet the challenges that face Massachusetts General Hospital."

So remember December 20 at 7 a.m. And come with your questions, comments, and suggestions.

Research Grant Announced

The National Center for Health Services Research has funded a three-year research grant to implement and evaluate an automated medical record system for the new MGH Long Term Care Coordination Project. The system will be based on COSTAR (Computer-Stored Ambulatory Record), which is currently in use in the Primary Care Unit of the MGH's Ambulatory Services. COSTAR was originally developed by the MGH Laboratory of Computer Science and is used in over 100 facilities and practices around the U.S., Canada, Europe, and Australia.

The automated system will serve as the clinical record for all patients seen by the LTC Coordination Team. In addition, the system will be implemented at the Chelsea Health Center, the Bunker Hill Health Center, and the Revere Health Center. Providers there will use the automated system for the patients participating in the Long Term Care demonstration.

Principal coinvestigators of the $364,000 grant are Rita D. Zielstorff, R.N., M.S., Assistant in Computer Science, Laboratory of Computer Science; Dr. G. Octo Barnett, Director, Laboratory of Computer Science; and Dr. Alan Jette, Associate Professor, MGH Institute of Health Professions. Dr. Jette is also Evaluation Director of the MGH Long Term Care demonstration project itself, which is funded by the Robert Wood Johnson Program for Hospital Initiatives in Long Term Care.

MGH Joins Research Society

The MGH is now a member of the Massachusetts Society for Medical Research (MSMR) to protect humane use of laboratory animals in medical research. MSMR plans an extensive statewide public education program to inform the public about the benefits of animal research to human and veterinary medicine, the reasons why there are no alternatives to using animals in some research, and the efforts made by the research community to limit use of animals and ensure that they are treated humanely.

Hospice Seeking Volunteers

The Harbor Hospice/Spaulding Rehabilitation Hospital is recruiting volunteers for office help and for the Hospice Friend Program. Harbor Hospice/Spaulding Rehabilitation Hospital is a group of concerned health care professionals and volunteers who seek to give physical, emotional, and spiritual help to people with a chronic life-threatening illness and their families. It serves the communities of Chelsea, Revere, Winthrop, East Boston, North End, Charlestown, and Beacon Hill. The Hospice friends donate four-to-six hours a week helping patients and their families on a one-to-one basis. They provide psychological support through visits and telephone contacts, as well as practical assistance such as transportation, errands, and sitting with patients when the families go out.

To prepare for their roles as Hospice friends, volunteers participate in a 10-week training program, which includes sessions on the Hospice approach to caring for patients, communication skills, medical aspects of care, stress reduction, and legal aspects of care.

The next training program will begin in early January. The sessions will be held weekly at the Hospice headquarters.

If you are interested in registering, you should write to Harbor Hospice/Spaulding Rehabilitation Hospital, 91 Crest Avenue, Chelsea, Massachusetts 02150, or call the Hospice office at 884-5281 or 720-6795.

MGH in the Media

Dr. Mortimer J. Buckley, Jr., Chief of Cardiac Surgery, was interviewed recently on WBZ Radio about "Baby Fae." Also interviewed on the same subject was Dr. Paul S. Russell, Chief of the Transplantation Unit, by WBZ-TV (Channel 4), and Dr. A. Benedict Cosimi, Chief of Transplantation Surgery, by the WASHINGTON POST and UPI.

Dr. J. Robert Buchanan, General Director, was recently quoted in M magazine, explaining the hospital's need for new buildings for patients.

Dr. Bill Dec, a member of the Cardiovascular Health Center, was quoted recently on the front page of U.S.A. Today on the future treatment of end-stage heart disease.

Recent Retirements

The HOT LINE extends best wishes to the following employees who recently retired:

Geraldine Maxon, Surgical Assoc., 42 years

Anne McKenzie, Blood Transfusion Service, 34 years

John Kwitkor, Engineering, 33 years

Michael J. Concannon, Patient Accounts, 32 years

Jason Savage, Materials Management, 30 years

Zima Thomas, Nursing, 25 years

Lillien Cohen, Chelsea Health Center, 22 years

Miriam Carney, Neurology, 20 years

Anne M. Sullivan, Clinical Immunology, 18 years

Hsia-Fei W. Chang, Cardiac Bio-Research, 17 years

William Kerr, Materials Management, 16 years

Ruth B. Zirin, Clinical Immunology, 14 years

Phillip F. McLaughlin, Clinical Administration, 13 years

Elizabeth Heckathorn, Intensive Care Nursing Service, 12 years

Petros Zaimis, Environmental Services, 12 years

Priscilla Cleveland, Receptionist, 10 years

Sofia Zaimis, Environmental Services, 10 years

December 20, 1984

THE MGH HOT LINE

News Office, Bulfinch 1, Ext. 2206

Being on the Receiving End All Year Long

It's the season for giving and receiving. For many of us, this spirit is limited to the holidays. But for some members of the MGH, it's an everyday occurrence, especially for those who happen to work in the MGH's Shipping and Receiving Room.

These are the employees responsible for receiving and distributing almost every item, except food, arriving at the hospital. This amounts to nearly 700 articles a day worth an estimated $30 million a year... everything from a paper clip to a paper shredder, from X-ray film to an X-ray machine.

"To say that all of us are kept busy would be an understatement," asserted Jim Wilson, Supervisor of Shipping and Receiving. "Some days are just unreal, especially when five or six trucks are backed up at the loading dock, each one filled with items to be taken off all of which have to be distributed right away. And we also do the distribution for all the satellite health centers. Just about everything bought by the MGH comes through us."

Mr. Wilson, who has worked in the Receiving Room since 1978, explained that many of the medical items, especially those that need to be refrigerated, are delivered immediately. Other items are sent as soon after that as possible. "It's hard to get caught up sometimes," he admitted. "But we try to do the best we can."

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Life After Death

Death. So inescapable, so inexplicable.

Ask one hundred people what death is, and prepare for 100 different responses. There are just no right or wrong answers. Death is, and will always be, one of the true enigmas of life. And also the most emotionally painful.

Someone once said that when your parent dies, you've lost your past, and when your child dies, you've lost your future. But a group of Neonatal Intensive Care Unit (NICU) nurses at the MGH has gotten together to help parents come to grips with their future, a future without a loved one.

Thus, the NICU Bereavement Group was born, one of the few--perhaps the only program of its kind in the country--operated by Neonatal Intensive Care nurses. Begun in January of 1983, the 12-week program provides emotional support to parents whose children have died while patients in the Neonatal Intensive Care Unit.

In most instances these babies have been at the MGH all but a few hours of their short lives. All were born in other hospitals. Most were brought to the MGH within 24 hours in special ambulances, many of them high-risk infants barely clinging

(continued on page 2)

Outpatient Pharmacy to Close

In a move to help reduce a hospitalwide budget deficit of $2 million, the MGH has made a decision to close the outpatient pharmacy, effective January 1, 1985.

It is an action that is taken with great regret, but it is forced upon us through the demands of Chapter 372 to reduce hospital expenses. Although other choices might have been made, those would have been every bit as dramatic and resulted in either the elimination of more direct patient care services or employee layoffs. The outpatient pharmacy budget, however, is predominantly for drugs with only a small percentage of its overall expenses devoted to labor costs. As difficult a decision as this was to make, it allowed the hospital to save enormous dollars and be able to retain the current staff employed in the outpatient pharmacy.

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The Capital Campaign Update

On December 6 the MGH was guest of honor at the opening of Exchange Place, a 40-story office tower in Boston's financial district, built by Olympia & York of Toronto, the world's largest real estate developer. Nearly 400 members of Boston's business, financial, and real estate communities filled the Exchange Place atrium for a brief program featuring Governor Michael S. Dukakis, Boston Mayor Ray Flynn, and MGH General Director Dr. J. Robert Buchanan.

Albert Reichmann, Chairman of Olympia & York, spoke about the MGH at the opening ceremonies because his

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MGH General Director Dr. J. Robert Buchanan (left) at the opening of Exchange Place with (left to right) Phil David Fine, Boston Mayor Raymond Flynn, Albert Reichmann, and Barnett Danson, Consul General of Canada

Bereavement (continued from page 1)

to life. (Despite the high risk, in 1983 babies in the NICU had a survival rate of 87 percent.) And according to Bernadette Reilly-Smorawski, a nurse in the Unit and one of the organizers of the group, the fact that the NICU was virtually the only home the babies knew was a very important consideration in involving the nurses.

"There's a special bond between the nurses and the parents," explained Ms. Reilly-Smorawski. "Very often the nurse may have been the only other person besides the mother or father to have ever seen or touched their baby on a daily basis. The parents also shared a highly emotional experience with us at a very vulnerable time in their lives."

Shortly after a baby's death in the NICU, the nurses send the parents a sympathy card, and at a later time a letter inviting them to talk about their feelings in a support group atmosphere with other parents experiencing similar emotions. At no time does anyone pressure the parents to attend the sessions.

"We simply tell them that we also feel their loss, and that we're here if they need us," stated Ms. Reilly-Smorawski, who has been a nurse at the MGH for 13 years. "Some of them feel they don't want more than periodic phone contact, but many others have found that joining our group can benefit them.

"Very often parents need the opportunity to express their feelings. This is true especially if they have no real support within their own family. We have also found that as time passes, parents continue to have medical questions about their babies that we can help answer by referring them to the appropriate sources. To us it shows that they have very positive feelings about the hospital and the care their baby received."

Ms. Reilly-Smorawski, along with Anne Armstrong, another NICU nurse, meets with the parents on Wednesday evenings, from 7:00 to 8:30, in the hospital's Walcott Room. "The room has a certain warmth to it," remarked Ms. Reilly-Smorawski. "We feel it's conducive to the supportive atmosphere of the group. And we also wanted a location far enough away from the Vincent-Burnham Building so that parents would not have to relive their child's death in the place it occurred."

Although their children's lives may have been very short, the anguish many parents feel can be very long.

"Some people think that because it was a baby, the grief is somehow less severe," remarked Rosalie Tyrrell, a psychiatric nurse clinician, who also helped organize the group and who serves as advisor to the nurses. "Each child evokes a special memory for the parent, even if that child lived for only one day. It's not a therapy group; yet a lot of therapeutic work is done."

Parents are not the only ones to suffer a loss when a baby dies. "The nurses feel it as well," said Ms. Armstrong. "But we also experience a sense of loss when a baby goes home, especially one who's been a long-term patient. Fortunately, most of the children we care for are able to leave and live normal, healthy lives."

Despite its critically ill patients, the NICU last year had a survival rate of 87 percent.

Ms. Tyrrell, who has formed a Bereavement Team at the MGH, believes the NICU group is particularly beneficial to parents. "A short-term group such as this really represents a microcosm of the loss experience and the beginning of grief work," she explained.

"The very thing they work on from the moment they walk in is to begin the task of letting go. And a big part of this process involves talking about how they feel. It's interesting that very often a husband or wife will say things to a group that they'll be afraid to say to each other."

The psychiatric nurse clinician added that this is especially true of men. "It's difficult for a lot of men to express their grief," she said. "Women will often be able to communicate their feelings to other women, but men frequently can't or won't do that with other men. So for them, this is the one legitimate place to come to talk about their baby and their feelings of loss."

If an infant dies in the Neonatal Intensive Care Unit, the nurses send the parents a sympathy card.

The nurses, who described the NICU Bereavement Group as an important extension of primary nursing at the MGH, said that once the parents complete the 12 weeks, they return to the MGH as a group at three-month intervals. "We just like to see how they're doing and to make ourselves available if they need us, especially in getting through the first anniversary of the child's death," said Ms. Reilly-Smorawski.

"Death is something that is not dealt with quickly or easily," declared Dr. I. David Todres, Director of the Neonatal Intensive Care Unit. "The loss of a child is one of if not the most traumatic experience any family can go through. There is so little that one can really say to the mother or father of a baby who has just died. Sometimes the important thing is to simply listen and to show that you care."

Dr. Todres, who is also an Associate Professor of Anesthesia (Pediatrics) at Harvard Medical School, said the NICU Bereavement Group demonstrates that the staff is concerned about the entire family, not just the patient, even after the patient is gone.

"With so much focus on technology, very often the human side of medicine may seem to be ignored," he said. "So it's important to emphasize the caring aspect...that our doors are always open to provide intensive care to families."

Instrumental in developing the NICU Bereavement Group were Anne Sheetz, Chairman of Pediatric Nursing at the MGH, Barbara Pikl, a clinical nurse leader, and Pauline Comfrey, head nurse in the NICU. All have given assistance and support to the program and its participants.

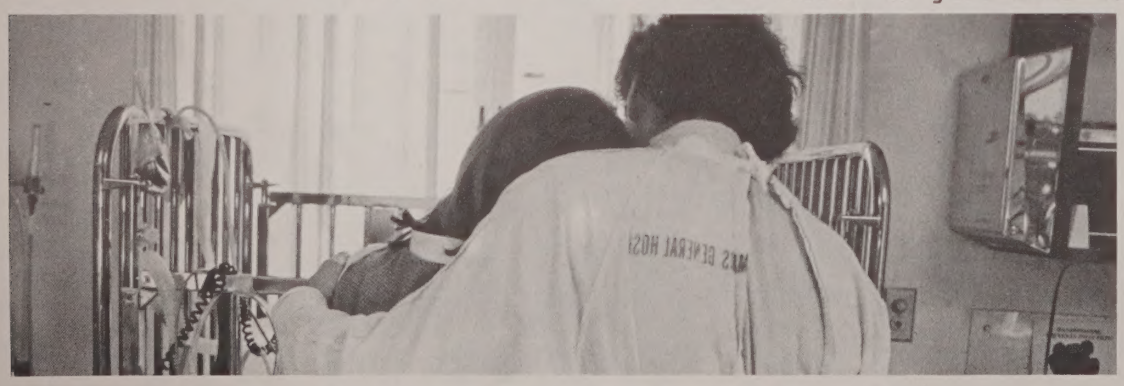
Approximately 20 couples have already participated in the bereavement groups, and according to Ms. Armstrong, the progress made has been most gratifying. "You can really see how the parents have changed from the first week of the program to the last week," she declared. "The parents have an increased ability to function more effectively, and they tell us how they have begun to find pleasure again in previously enjoyed activities. They also report having better sleeping patterns, an increase in appetite, and more energy."

Ms. Armstrong added that these changes can even be seen in the clothing parents wear to group sessions. She explained that at the beginning, they will often choose drab colors, but at the end many will wear brighter clothing. "Hopefully their outlook is a little brighter as well," said the nurse. "Just seeing this evolution taking place, to me, makes it all worthwhile."

Written comments from parents show the impact. One wrote, "During the earliest days of my grief, the fact that I was going on Wednesday literally kept me going from one week to the next. It was one of the few comforting places to be.

"In a large sense, seeing each other's progress from week to week was--and is--a beautiful experience. That is hope."

Wrote another mother: "Keep it up. When you can't save the child, save the parents."



A child's death may be the most traumatic experience a parent may suffer.

Sleeper Award Winner Named

Mary Donoghue Lilley, a second-year student in the Master of Science in Nursing Program at the MGH Institute of Health Professions, has received the second Ruth Sleeper Scholarship for academic and clinical performance.

This award, which honors the former Director of the hospital's School of Nursing, is given each year to a student who excels in the theory and practice of nursing. The prize was established in 1983 by the MGH School of Nursing Alumnae Association. Miss Sleeper was the School's Director from 1946 until her retirement in 1966.

Ms. Lilley attended Holy Cross College in Worcester, completing a premedical program and graduating with a B.A. in Psychology. Extended work experience in nursing homes contributed to her decision to pursue a career in nursing.

Mary Lilley (left) sharing a light moment with Ruth Sleeper (center) and Linda Lass-Schuhmacher, President of the Nursing Alumnae Association

She has been a member of the Gerontological Faculty Search Committee and intends to specialize in the field of Gerontology.

The scholarship was awarded at a reception for the Institute nursing students.

Nutritional Highlights

by the Department of Dietetics

Participants in the Nutrition Service's "EATING FOR THE HEALTH OF IT" class celebrated the holidays a little early when they attended the final class session on December 6.

The finale for the eight-week nutrition and cooking class was a holiday party that featured nonalcoholic and reduced-alcohol beverages, as well as alternative hors d'oeuvres that were lower in total calories, fat and sodium than traditional appetizers. Class participants received useful tips on how to "survive" the holidays as well as other social eating occasions throughout the year.

Class participants and their guests also celebrated with a holiday grab bag that exemplified the positive nutrition habits discussed throughout the class. Gag gifts included whole grain cereals and crackers, brown rice, lentils, low-fat yogurt, low-calorie salad dressings, and "lite" soy sauce. "We thought it would be a fun and unusual way to give participants a parting message," said Nutrition Service Manager Mary Kay Fox, R.D. "They really got a kick out of it."

"EATING FOR THE HEALTH OF IT" is an eight-session nutrition and cooking class which the Nutrition Service began in October. The course emphasizes key nutritional problems including calories, fats and cholesterol, sodium, fiber, and alcohol. Participants receive timely and practical information on how they can improve their nutrition habits through lectures, consumer information, and cooking demonstrations. At the conclusion of each class participants enjoy a full meal that incorporates the positive nutritional habits that have been discussed.

The next session of "EATING FOR THE HEALTH OF IT" will be held January 17-March 17, 1985. Classes meet from 6:30-8:00 p.m. in the Patio Room. Enrollment is limited. For more information or to reserve a space, please call Ext. 2779.

The MGH invites all employees who are scheduled "on duty" December 25 to be the hospital's guests at Christmas Dinner. It will be served in the General Cafeteria from 10:45 a.m. to 3:00 p.m., and again from 4:15 p.m. to 8:00 p.m. The Dinner will include Hot Mulled Cider, Cream of Corn Soup, Roast Turkey/Giblet Gravy, Bread Dressing, Beef Burgundy, Parslied Rice, Glazed Sweet Potatoes, Peas and Mushrooms, Fresh Garden Relishes, Pumpkin Pie, Mince Pie, Apple Pie, Coffee, and Tea.

Participants in "EATING FOR THE HEALTH OF IT" class enjoying a healthy holiday buffet at the final session of the eight-week program. The next class begins on January 17.

Campaign (continued from page 1)

first introduction to the city of Boston was 22 years ago when some members of his family were treated at the hospital.

Also speaking to the gathering was Dr. Buchanan, who noted the manner in which the new glass-walled Exchange Place tower, in preserving the facade of the original Boston Stock Exchange Building of 1891, blends the old and the new. And he pointed out that the MGH's Bulfinch Building, completed in 1821, still houses patients. "Exchange Place is a remarkable contribution to the vigor of the Boston business community," he commented. "It is an inspiration to help us create similarly vital facilities not too far from here."

Asking those attending to "take note of our need," Dr. Buchanan outlined the MGH's Capital Campaign and introduced two members of the Campaign's Corporate Committee. "When they call on you," he said, "please offer them your hospitality and your generous check."

Governor Dukakis, who began his legal and political career in the original Stock Exchange Building, underscored the MGH's presence in his salutation to the new development. "A special thanks to Mr. Reichmann for also recognizing a medical institution in this community which is one of our great historic assets," he said. "Our thanks [to the MGH] for adding what you do to this city."

Among the new tenants of Exchange Place is Fine & Ambrogne, attorneys. Phil David Fine, Esq., a member of the MGH Capital Campaign Major Gifts Committee, acted as master of ceremonies for the evening.

Pharmacy (continued from page 1)

These personnel will be retained to fill current and future openings in the inpatient pharmacy.

Although this closing may appear abrupt, it comes after a two-year effort by a special task force that was investigating other innovative alternatives that would have created a separate corporation for the outpatient pharmacy. Essential to this direction was the obtaining of a retail pharmacy license that would have permitted the pharmacy to operate under a free enterprise system. However, regulatory obstacles, long-time delays, and unsympathetic reactions from the Massachusetts Pharmacy Board which grants such licenses made this step impossible at this time. The MGH, therefore, has made an unpopular and perhaps precedent-setting decision that underscores the realities of what cost-cutting legislation is bringing to the health care system.

From a practical point of view, the closing of the outpatient pharmacy does not leave patients as stranded as would a curtailment of other direct physician or hospital services. The community pharmacies which exist throughout the state are obliged by state regulations to fill every prescription presented to them by a customer. It is strongly believed that the outpatient pharmacy provided an extra convenience to our patients that is now unaffordable under the legislative mandates we are bound to honor.

The announcement of the closing has been made through a special letter mailed to the physicians and staff during the week of December 5. In that letter some exceptions to the complete elimination of the pharmacy service were outlined. These include some provisions for indigent and life-style impaired patients to obtain drugs through the assistance of our Social Service Department. The pharmacy will also continue to provide investigational drugs as well as other drugs that would uniquely be available only in hospitals.

It is hoped that the closing of the outpatient pharamcy is not a permanent action. Efforts are continuing to find ways to gain permission to obtain the retail license originally sought by the special task force. And discussions are currently under way with large retail drug chains to form some type of joint venture that could reestablish this service.

Magic was in the air recently on Burnham 5, where "Miss Magic" paid a visit to the children on the Pediatric floor. But it didn't take a lot of magic to put smiles on the faces of those who attended the performance.

The Icemen Cometh

You've heard of the Blue against the Gray? Well, this year some MGH employees hope to start a new rivalry...the Blue versus the Gold.

These are the names of the two new MGH hockey teams. The clubs--the Blue and the Gold--play each other every Friday night at 10 o'clock at the MDC rink in Charlestown. The season began on November 23 and will continue for 20 weeks.

"Last year there seemed to be an interest among employees in hockey and skating, so this year we thought we'd get together with the hospital's help to form two teams," explained Frank Martins of the Electric Shop, organizer of the effort.

Each team consists of 15 players. And although the games are spirited at times, Mr. Martins emphasized that the competition is only secondary. "The main thing is not the winning but just to have fun."

Mr. Martins is President of the new organization. Other officers are Vincent Bonaventura (Carpentry Shop), Vice-President; Paul DeSantis (Plumbing Shop), Treasurer; and Mike Botte (Electric Shop), Secretary.

Dr. John Truman (right) accepting contribution for the Childhood Leukemia Fund from Paul Walczak (right), as his daughters Stacey and Dawn and his wife Theresa look on

Don't Let a *Grinch* Steal Your Christmas

"You better watch out" are more than just the first words of a popular Christmas song. It's also a warning to be aware of holiday thefts around the hospital.

The MGH Security Department reminds you that Christmas is not just the time for giving but also for taking. Don't leave valuables unattended, especially in unlocked drawers. And if you see strangers in nonpatient areas, please report it to the Security Department (Ext. 2121).

Don't let a thief play Scrooge.

It was a little over a year ago that two-year-old Alison Walczak of Lynn died of leukemia. The young girl's death came just 24 hours before friends and relatives were scheduled to hold a benefit on her behalf.

Over the past year approximately $8,000 has been raised in memory of Alison. And recently the girl's parents, Theresa and Paul Walczak, came to the MGH to present a check to Alison's physician Dr. John T. Truman. The money will benefit the Massachusetts General Hospital Childhood Leukemia Research Fund.

"The memory of young Alison will continue to live with us through the generous donations of her family and friends," said Dr. Truman, who is Chief of Pediatric Hematology/Oncology. "Their kindness is greatly appreciated by all of us."

Receiving (continued from page 1)

Getting caught up, noted Mr. Wilson, was especially difficult during the month of September when more than 14,000 items were received, resulting in approximately 3,600 deliveries. "The big reason we were so busy was because of the opening of the Wellman Research Building," he explained. "All new equipment and furniture was being brought in every day in addition to the items we normally get in for other parts of the hospital."

Being fast is just one prerequisite to working in the Receiving Room. Being strong is certainly another. "All our employees have to be able to lift at least 50 pounds. But it helps if you can lift more than that. Obviously, if you're interested in building up your muscles, this is the place to do it," remarked Mr. Wilson, who also keeps in shape participating in MGH softball and basketball.

Although receiving items for distribution is their primary function, members of the Receiving Room like Jim Lynch, Mike Rice, Butch Reed, and Gerry Henry are also responsible for shipping articles outside the hospital. "We make about 120 shipments per month," said Mr. Wilson. Among those items sent are blood samples, X-ray films, and occasionally even clothing left behind by former patients.

If Christmas, then, is the season for giving, is it also the season for "Receiving?" "Not necessarily," asserted Mr. Wilson. "We never have what you would call a really slow time, but the holidays are not quite as hectic as the rest of the year. It's just that people are too busy now shopping for themselves and their families."

And, of course, someone named Santa Claus is doing the distribution.

Jim Wilson (left) and Jim Lynch usually have their hands full on the Receiving dock.